



Three-Pepper Beef



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



231 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 teaspoon pepper black freshly ground
- ☐ 2.5 teaspoons cornstarch divided
- ☐ 1 pound flank steak trimmed thinly sliced
- ☐ 1 teaspoon ginger fresh minced peeled
- ☐ 1 garlic clove minced
- ☐ 1.3 cups bell pepper green cubed
- ☐ 0.3 cup green onions thinly sliced
- ☐ 3 tablespoons soya sauce low-sodium

- ☐ 0.3 cup low-salt beef broth
- ☐ 1.3 cups bell pepper red cubed
- ☐ 0.5 teaspoon salt
- ☐ 1 teaspoon sugar divided
- ☐ 1 cup sugar snap peas trimmed
- ☐ 1 teaspoon vegetable oil
- ☐ 1.3 cups bell pepper yellow cubed

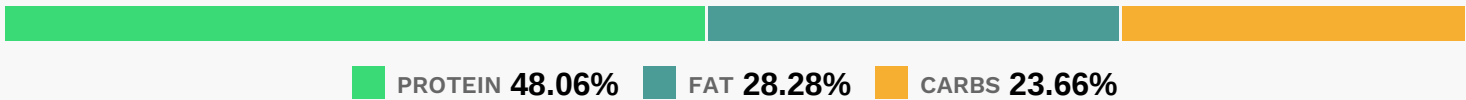
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ whisk
- ☐ wok

Directions

- ☐ Combine 1/2 teaspoon cornstarch, 1/2 teaspoon sugar, salt, and flank steak in a medium bowl; toss to coat. Set aside.
- ☐ Combine 2 teaspoons cornstarch, 1/2 teaspoon sugar, broth, soy sauce, and black pepper, stirring with a whisk until sugar dissolves; set aside.
- ☐ Heat oil in a wok or large nonstick skillet over medium-high heat.
- ☐ Add the green onions, ginger, and garlic; stir-fry 10 seconds.
- ☐ Add beef mixture; stir-fry 3 minutes or until done.
- ☐ Remove the beef mixture from pan; cover and keep warm.
- ☐ Add peas and bell peppers to pan; stir-fry 4 minutes or until crisp-tender.
- ☐ Add beef and broth mixture to pan; cook 2 minutes or until thickened, stirring constantly.

Nutrition Facts



Properties

Glycemic Index:55.27, Glycemic Load:1.66, Inflammation Score:-9, Nutrition Score:24.599565402321%

Flavonoids

Luteolin: 2.95mg, Luteolin: 2.95mg, Luteolin: 2.95mg, Luteolin: 2.95mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg Quercetin: 2.3mg, Quercetin: 2.3mg, Quercetin: 2.3mg, Quercetin: 2.3mg

Nutrients (% of daily need)

Calories: 230.86kcal (11.54%), Fat: 7.27g (11.18%), Saturated Fat: 2.63g (16.46%), Carbohydrates: 13.69g (4.56%), Net Carbohydrates: 10.45g (3.8%), Sugar: 5.28g (5.86%), Cholesterol: 68.04mg (22.68%), Sodium: 845.17mg (36.75%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 27.8g (55.6%), Vitamin C: 198.61mg (240.74%), Vitamin B6: 1.08mg (53.97%), Selenium: 34.19µg (48.84%), Vitamin B3: 8.6mg (43.02%), Vitamin A: 2054.71IU (41.09%), Zinc: 4.8mg (32.02%), Phosphorus: 301.1mg (30.11%), Vitamin K: 29.05µg (27.67%), Potassium: 793.57mg (22.67%), Manganese: 0.38mg (18.85%), Folate: 72.96µg (18.24%), Iron: 3.18mg (17.68%), Vitamin B12: 1.04µg (17.37%), Vitamin B2: 0.25mg (14.9%), Magnesium: 57.79mg (14.45%), Fiber: 3.24g (12.94%), Vitamin B1: 0.19mg (12.92%), Vitamin B5: 1.23mg (12.29%), Copper: 0.21mg (10.63%), Vitamin E: 1.52mg (10.1%), Calcium: 60.25mg (6.03%)