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Pepper Steak

Pepper steak is a classic dish made with tender beef, bell peppers, and a flavorful sauce. It is typically served with rice or noodles and is popular in many cuisines around the world.

Recipe Type: Standard

Prep Time: 15 mins

Cook Time: 20 mins

Total Time: 35 mins

Recipe Yield: 500 grams

Number of Servings: 4

Serving Size: 125 g

Ingredients

500 g	Beef
2 pieces	Bell peppers
1 pieces	onion
2 cloves	garlic

3 tbsp	soy sauce
1 tbsp	cornstarch
2 tbsp	vegetable oil
1 tsp	Black pepper
1 tsp	Salt

Directions

Step 1

Cut

Slice the beef into thin strips.

Prep Time: 5 mins

Cook Time: 0 mins

Step 2

Mixing

In a bowl, mix together soy sauce, cornstarch, black pepper, and salt.

Prep Time: 5 mins

Cook Time: 0 mins

Step 3

Heating

Heat vegetable oil in a pan over medium-high heat.

Prep Time: 0 mins

Cook Time: 2 mins

Step 4

Cooking

Add beef to the pan and cook until browned.

Prep Time: 0 mins

Cook Time: 5 mins

Step 5

Remove beef from the pan and set aside.

Prep Time: 0 mins

Cook Time: 0 mins

Step 6

Cooking

In the same pan, add onion and garlic. Cook until fragrant.

Prep Time: 0 mins

Cook Time: 3 mins

Step 7

Cooking

Add bell peppers to the pan and cook until slightly softened.

Prep Time: 0 mins

Cook Time: 3 mins

Step 8

Cooking

Return the beef to the pan and pour the sauce mixture over it.

Prep Time: 0 mins

Cook Time: 2 mins

Step 9

Stirring

Stir everything together and cook for another 2 minutes.

Prep Time: 0 mins

Cook Time: 2 mins

Step 10

Serving

Serve hot with rice or noodles.

Prep Time: 0 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 250 kcal

Fat: 10 g

Protein: 30 g

Carbohydrates: 10 g

Nutrition Facts

Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	30 g	176.47%	176.47%

Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	10 g	18.18%	20%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Fibers	2 g	5.26%	8%
Sugars	3 g	N/A	N/A
Lactose	0 g	N/A	N/A

Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	5 g	N/A	N/A
Saturated Fat	3 g	13.64%	17.65%
Fat	10 g	35.71%	40%
Cholesterol	70 mg	N/A	N/A

Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	10 iu	1.11%	1.43%
Vitamin C	70 mg	77.78%	93.33%
Vitamin B6	20 mg	1538.46%	1538.46%
Vitamin B12	30 mcg	1250%	1250%
Vitamin E	6 mg	40%	40%
Vitamin D	0 mcg	0%	0%

Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	800 mg	34.78%	34.78%
Calcium	2 mg	0.2%	0.2%
Iron	15 mg	187.5%	83.33%
Potassium	600 mg	17.65%	23.08%
Zinc	25 mg	227.27%	312.5%
Selenium	40 mcg	72.73%	72.73%

Recipe Attributes

Events

Christmas

Cuisines

Italian

French

Spanish

American

Nutritional Content

Low Calorie

High Protein

Low Fat

Low Carb

High Fiber

Low Sodium

Sugar-Free

High Vitamin C

High Iron

High Calcium

Kitchen Tools

Blender

Oven

Stove

Microwave

Course

Appetizers

Meal Type

Lunch

Dinner

Snack

Difficulty Level

Medium

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