



Beef and Potato Skillet Dinner with Roasted Red Pepper Sauce

 Gluten Free  Dairy Free

READY IN



30 min.

SERVINGS



4

CALORIES



339 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 jar roasted peppers red drained (7)
- ☐ 4 teaspoons vegetable oil
- ☐ 20 oz potatoes diced refrigerated with onions cooked
- ☐ 1 lb beef top sirloin steaks boneless cut into thin strips
- ☐ 0.5 teaspoon salt
- ☐ 0.3 teaspoon pepper
- ☐ 12 oz broccoli florets frozen thawed

- ☐ 1 teaspoon tarragon fresh chopped
- ☐ 0.5 cup frangelico

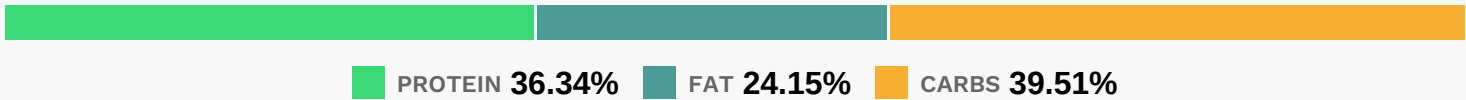
Equipment

- ☐ food processor
- ☐ frying pan
- ☐ blender

Directions

- ☐ In food processor or blender, place roasted peppers and half-and-half. Cover; process on medium-high speed 30 seconds until smooth. Set aside.
- ☐ In deep 12-inch nonstick skillet, heat 2 teaspoons of the oil over medium-high heat.
- ☐ Add potatoes. Cover; cook 10 to 12 minutes, stirring frequently, until tender.
- ☐ Remove from skillet; cover to keep warm.
- ☐ In same skillet, heat remaining 2 teaspoons oil over medium-high heat. Cook beef, salt and pepper in oil 2 to 3 minutes, stirring frequently, until beef is browned.
- ☐ Add broccoli and potatoes.
- ☐ Pour reserved red pepper sauce over mixture; gently toss to coat. Reduce heat to low. Simmer uncovered 2 to 3 minutes or until broccoli is crisp-tender.
- ☐ Sprinkle with tarragon.

Nutrition Facts



Properties

Glycemic Index:54.44, Glycemic Load:19.39, Inflammation Score:-9, Nutrition Score:32.519130375074%

Flavonoids

Luteolin: 0.68mg, Luteolin: 0.68mg, Luteolin: 0.68mg, Luteolin: 0.68mg Kaempferol: 7.8mg, Kaempferol: 7.8mg, Kaempferol: 7.8mg, Kaempferol: 7.8mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 3.76mg, Quercetin: 3.76mg, Quercetin: 3.76mg, Quercetin: 3.76mg

Nutrients (% of daily need)

Calories: 338.95kcal (16.95%), Fat: 9.25g (14.23%), Saturated Fat: 2.35g (14.7%), Carbohydrates: 34.06g (11.35%), Net Carbohydrates: 27.64g (10.05%), Sugar: 2.55g (2.84%), Cholesterol: 66.9mg (22.3%), Sodium: 1554.74mg (67.6%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 31.32g (62.64%), Vitamin C: 143.56mg (174.02%), Vitamin K: 99.17µg (94.45%), Vitamin B6: 1.44mg (72.14%), Selenium: 37.76µg (53.95%), Vitamin B3: 9.89mg (49.43%), Potassium: 1411.26mg (40.32%), Phosphorus: 394.96mg (39.5%), Zinc: 5.47mg (36.47%), Manganese: 0.6mg (30.02%), Folate: 105.99µg (26.5%), Fiber: 6.42g (25.67%), Iron: 4.41mg (24.5%), Magnesium: 87.85mg (21.96%), Vitamin A: 996.37IU (19.93%), Copper: 0.4mg (19.89%), Vitamin B1: 0.28mg (18.76%), Vitamin B2: 0.31mg (18.43%), Vitamin B12: 1.07µg (17.77%), Vitamin B5: 1.68mg (16.83%), Calcium: 123.21mg (12.32%), Vitamin E: 1.36mg (9.1%)