



## Beef Bruschetta Skillet

 Gluten Free

READY IN



30 min.

SERVINGS



30

CALORIES



62 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 1 lb beef sirloin steak cut into thin strips
- 14 oz beef broth canned
- 1 tsp basil leaves dried
- 4 cloves garlic minced
- 1.5 cups rice white instant uncooked
- 2 tsp oil
- 0.5 cup mozzarella cheese shredded kraft
- 2 large tomatoes chopped

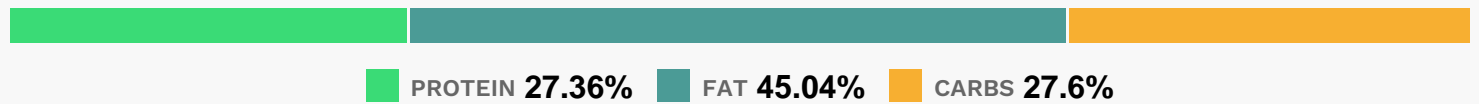
# Equipment

frying pan

# Directions

- Cook meat in hot oil in large nonstick skillet on medium-high heat 2 min. or until evenly browned, stirring frequently.
- Remove meat from skillet; set aside.
- Add next 4 ingredients to skillet. Bring to boil. Stir in rice; return to boil.
- Stir in meat; top with cheese. Cover. Simmer on medium-low heat 8 to 10 min. or until heated through.

# Nutrition Facts



# Properties

Glycemic Index:3.17, Glycemic Load:0.17, Inflammation Score:-2, Nutrition Score:2.8634782506396%

# Flavonoids

Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg

# Nutrients (% of daily need)

Calories: 61.97kcal (3.1%), Fat: 3.06g (4.7%), Saturated Fat: 1.2g (7.51%), Carbohydrates: 4.21g (1.4%), Net Carbohydrates: 3.96g (1.44%), Sugar: 0.35g (0.38%), Cholesterol: 9.94mg (3.31%), Sodium: 70.22mg (3.05%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.18g (8.35%), Vitamin B12: 0.47µg (7.87%), Selenium: 4.56µg (6.52%), Vitamin B3: 1.03mg (5.16%), Phosphorus: 43.36mg (4.34%), Zinc: 0.64mg (4.27%), Vitamin B1: 0.06mg (4.07%), Vitamin B6: 0.08mg (4%), Iron: 0.69mg (3.82%), Folate: 15.1µg (3.78%), Manganese: 0.07mg (3.56%), Potassium: 88.03mg (2.52%), Vitamin B2: 0.04mg (2.34%), Vitamin A: 114.07IU (2.28%), Vitamin C: 1.79mg (2.17%), Vitamin K: 2.03µg (1.93%), Magnesium: 6.03mg (1.51%), Calcium: 15.06mg (1.51%), Copper: 0.03mg (1.45%), Fiber: 0.25g (1.01%)