



Beef Fajita Bowls

 Dairy Free

READY IN



30 min.

SERVINGS



4

CALORIES



690 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 cup rice long-grain uncooked
- ☐ 1 pound beef top sirloin steaks boneless
- ☐ 2 tablespoons vegetable oil
- ☐ 11 oz flour tortilla for burritos (8 count cut into 4x1/2-inch strips)
- ☐ 1 pound bell pepper frozen
- ☐ 0.5 cup corn frozen
- ☐ 1 cup salsa thick
- ☐ 2 tablespoons juice of lime

- ☐ 2 tablespoons chili sauce
- ☐ 0.5 teaspoon ground cumin
- ☐ 2 tablespoons cilantro leaves fresh chopped

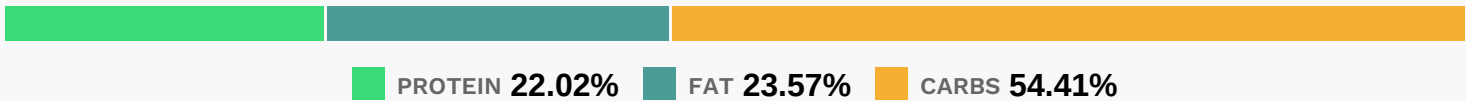
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ paper towels

Directions

- ☐ Cook rice as directed on package.
- ☐ Meanwhile, cut beef with grain into 2-inch strips; cut strips across grain into 1/8-inch slices.
- ☐ Heat 12-inch nonstick skillet over medium-high heat.
- ☐ Add oil; rotate skillet to coat bottom. Cook tortilla strips in oil 1 to 2 minutes on each side, adding additional oil if necessary, until golden brown and crisp.
- ☐ Drain on paper towel.
- ☐ Add beef to skillet; cook and stir over medium-high heat 4 to 5 minutes or until beef is no longer pink.
- ☐ Remove from skillet.
- ☐ Add bell pepper mixture and corn to skillet; cook and stir 1 minute. Cover and cook 2 to 3 minutes, stirring twice, until crisp-tender. Stir in beef, salsa, lime juice, chili sauce and cumin. Cook 2 to 3 minutes, stirring occasionally, until hot. Stir in cilantro. Divide rice among bowls. Top with beef mixture and tortilla strips.

Nutrition Facts



Properties

Glycemic Index:41.05, Glycemic Load:35.85, Inflammation Score:-10, Nutrition Score:39.326521749082%

Flavonoids

Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg Hesperetin: 0.67mg, Hesperetin: 0.67mg, Hesperetin: 0.67mg, Hesperetin: 0.67mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Luteolin: 0.69mg, Luteolin: 0.69mg, Luteolin: 0.69mg, Luteolin: 0.69mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.4mg, Quercetin: 0.4mg, Quercetin: 0.4mg, Quercetin: 0.4mg

Nutrients (% of daily need)

Calories: 689.81kcal (34.49%), Fat: 18.06g (27.78%), Saturated Fat: 4.99g (31.2%), Carbohydrates: 93.79g (31.26%), Net Carbohydrates: 86.09g (31.31%), Sugar: 11.32g (12.58%), Cholesterol: 66.9mg (22.3%), Sodium: 1172.74mg (50.99%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 37.95g (75.89%), Vitamin C: 151.39mg (183.51%), Selenium: 60.26µg (86.09%), Vitamin A: 3934.74IU (78.69%), Vitamin B3: 13.85mg (69.25%), Vitamin B6: 1.33mg (66.58%), Manganese: 1.14mg (57.22%), Phosphorus: 527.58mg (52.76%), Vitamin B1: 0.63mg (41.68%), Zinc: 6.04mg (40.28%), Folate: 156.31µg (39.08%), Iron: 6.16mg (34.25%), Fiber: 7.7g (30.8%), Vitamin B2: 0.52mg (30.67%), Potassium: 1065.11mg (30.43%), Vitamin K: 28.77µg (27.4%), Vitamin E: 3.68mg (24.55%), Magnesium: 87.22mg (21.81%), Vitamin B5: 1.9mg (19%), Calcium: 183.7mg (18.37%), Copper: 0.36mg (17.83%), Vitamin B12: 1.07µg (17.77%)