

Beef Fajita Pizza

READY IN



23 min.

SERVINGS



4

CALORIES



756 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 16 ounce bread shell italian
- ☐ 2 teaspoons chili powder
- ☐ 0.3 teaspoon garlic powder
- ☐ 2 ounces cheddar cheese shredded reduced-fat
- ☐ 0.5 cup pepper strips green (1 small)
- ☐ 0.5 medium size purple onion separated thinly sliced
- ☐ 0.5 cup chunky salsa
- ☐ 0.5 pound rump steak boneless lean trimmed

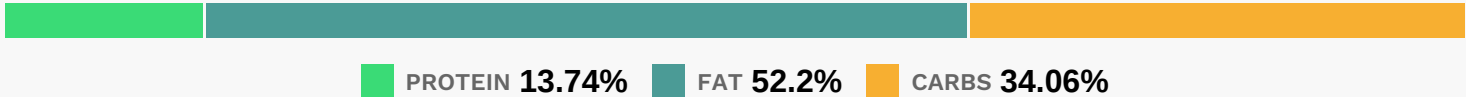
Equipment

- ☐ frying pan
- ☐ oven

Directions

- ☐ Place a nonstick skillet over medium-high heat until hot. While skillet heats, combine chili powder and garlic powder; sprinkle over both sides of steak.
- ☐ Add steak to skillet; cook 4 minutes on each side.
- ☐ Remove steak from skillet; let stand 5 minutes. Slice steak diagonally across grain into 1/4-inch slices.
- ☐ While steak stands, arrange pepper strips and onion on bread shell. Arrange steak strips over vegetables. Spoon salsa over steak.
- ☐ Bake at 450 for 8 minutes; sprinkle with cheese.
- ☐ Bake 5 additional minutes.

Nutrition Facts



Properties

Glycemic Index:10.5, Glycemic Load:0.34, Inflammation Score:-6, Nutrition Score:14.957825939292%

Flavonoids

Luteolin: 0.88mg, Luteolin: 0.88mg, Luteolin: 0.88mg, Luteolin: 0.88mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Quercetin: 3.2mg, Quercetin: 3.2mg, Quercetin: 3.2mg, Quercetin: 3.2mg

Nutrients (% of daily need)

Calories: 755.92kcal (37.8%), Fat: 43.89g (67.53%), Saturated Fat: 23.41g (146.28%), Carbohydrates: 64.44g (21.48%), Net Carbohydrates: 58.97g (21.44%), Sugar: 37.46g (41.62%), Cholesterol: 37.56mg (12.52%), Sodium: 770.6mg (33.5%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 26g (52.01%), Vitamin B3: 9.9mg (49.52%), Phosphorus: 248.68mg (24.87%), Selenium: 17.12µg (24.46%), Vitamin B6: 0.49mg (24.33%), Fiber: 5.47g (21.88%), Folate: 86.51µg (21.63%), Iron: 3.78mg (20.99%), Vitamin C: 16.62mg (20.14%), Zinc: 2.99mg (19.96%), Potassium: 607.6mg (17.36%), Vitamin B1: 0.23mg (15.11%), Vitamin B2: 0.22mg (13.12%), Vitamin B12: 0.74µg (12.4%),

Magnesium: 44.33mg (11.08%), Vitamin A: 551.03IU (11.02%), Calcium: 92.27mg (9.23%), Vitamin E: 1.05mg (6.98%),
Manganese: 0.1mg (5.24%), Vitamin B5: 0.51mg (5.07%), Copper: 0.09mg (4.71%), Vitamin K: 4.68µg (4.46%)