



Bruschetta Minute Steaks

READY IN



22 min.

SERVINGS



22

CALORIES



117 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1.5 lb beef minute steaks boneless thin
- 0.3 cup 1/4 cup kraft zesty italian dressing italian kraft
- 1 cup low-moisture part-skim mozzarella cheese shredded kraft
- 1 Tbsp oil
- 6 oz stove top stuffing mix prepared for chicken, as directed on package
- 2 large tomatoes chopped
- 1 bell pepper yellow finely chopped

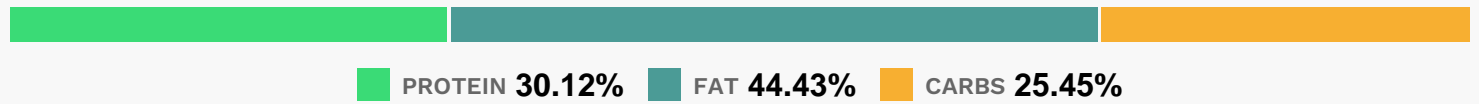
Equipment

frying pan

Directions

- Heat oil in large skillet on medium-high heat.
- Add steaks; cook 1 min. on each side or until lightly browned on both sides. Meanwhile, combine tomatoes, peppers and dressing.
- Spoon tomato mixture over steaks; top with stuffing and cheese. Cover.
- Simmer on medium-low heat 3 to 5 min. or until cheese is melted and steak is cooked to medium doneness (160F).

Nutrition Facts



Properties

Glycemic Index:1.73, Glycemic Load:0.17, Inflammation Score:-3, Nutrition Score:6.0439130369088%

Flavonoids

Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.15mg, Quercetin: 0.15mg, Quercetin: 0.15mg

Nutrients (% of daily need)

Calories: 117.08kcal (5.85%), Fat: 5.7g (8.77%), Saturated Fat: 2.04g (12.77%), Carbohydrates: 7.34g (2.45%), Net Carbohydrates: 6.85g (2.49%), Sugar: 1.42g (1.58%), Cholesterol: 25.6mg (8.53%), Sodium: 186.15mg (8.09%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.69g (17.38%), Selenium: 12.15µg (17.36%), Vitamin C: 12.2mg (14.79%), Vitamin B3: 2.48mg (12.39%), Vitamin B6: 0.23mg (11.48%), Phosphorus: 102.31mg (10.23%), Zinc: 1.44mg (9.62%), Vitamin B12: 0.42µg (7.06%), Calcium: 57.02mg (5.7%), Vitamin B1: 0.08mg (5.41%), Folate: 20.74µg (5.18%), Potassium: 179.82mg (5.14%), Vitamin B2: 0.09mg (5.01%), Iron: 0.89mg (4.92%), Manganese: 0.08mg (3.82%), Vitamin K: 3.86µg (3.67%), Vitamin A: 174.25IU (3.48%), Magnesium: 13.67mg (3.42%), Copper: 0.06mg (3.16%), Vitamin E: 0.4mg (2.69%), Vitamin B5: 0.24mg (2.4%), Fiber: 0.49g (1.98%)