



Cheesy Steak and Potato Skillet



Gluten Free



Dairy Free



Low Fod Map

READY IN



30 min.

SERVINGS



4

CALORIES



316 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 lb beef top sirloin steaks boneless cut into 4 serving pieces
- ☐ 0.8 teaspoon lawry's seasoned salt
- ☐ 0.5 teaspoon highest available proof grain spirit
- ☐ 2 tablespoons butter
- ☐ 1.5 cups bell pepper frozen (from 1-lb bag)
- ☐ 1 bag potatoes refrigerated home-style (1 lb 4 oz)
- ☐ 4 oz processed cheese food shredded

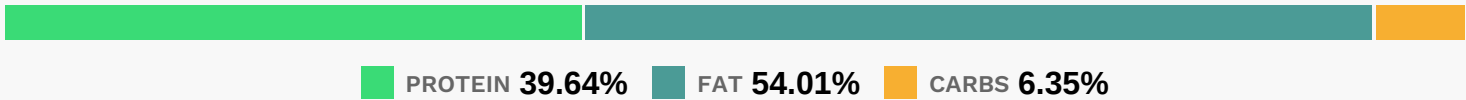
Equipment

☐ frying pan

Directions

- ☐ Sprinkle beef pieces with 1/4 teaspoon of the seasoned salt and 1/4 teaspoon of the garlic-pepper blend. In 12-inch nonstick skillet, cook beef over medium-high heat 3 to 4 minutes, turning once or twice, until brown and desired doneness.
- ☐ Remove from skillet; keep warm.
- ☐ In same skillet, melt butter over medium heat. Cook stir-fry vegetables in butter 2 minutes, stirring frequently.
- ☐ Add potatoes; sprinkle with remaining 1/2 teaspoon seasoned salt and 1/4 teaspoon garlic-pepper blend. Cook uncovered 8 to 10 minutes, stirring frequently, until tender.
- ☐ Place beef in skillet with potatoes, pushing potatoes around beef. Cook 1 to 2 minutes, turning beef once, until thoroughly heated.
- ☐ Sprinkle with cheese; cover and heat until cheese is melted.

Nutrition Facts



Properties

Glycemic Index:49.69, Glycemic Load:1.25, Inflammation Score:-9, Nutrition Score:22.959999867108%

Flavonoids

Luteolin: 0.34mg, Luteolin: 0.34mg, Luteolin: 0.34mg, Luteolin: 0.34mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg

Nutrients (% of daily need)

Calories: 316.44kcal (15.82%), Fat: 18.84g (28.98%), Saturated Fat: 7.8g (48.78%), Carbohydrates: 4.99g (1.66%), Net Carbohydrates: 3.77g (1.37%), Sugar: 3g (3.34%), Cholesterol: 95.25mg (31.75%), Sodium: 1041.55mg (45.28%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 31.1g (62.21%), Vitamin C: 71.58mg (86.77%), Selenium: 40.73µg (58.18%), Vitamin A: 2267.86IU (45.36%), Vitamin B6: 0.89mg (44.69%), Phosphorus: 439.94mg (43.99%), Vitamin B3: 7.95mg (39.75%), Zinc: 5.42mg (36.13%), Calcium: 327.64mg (32.76%), Vitamin B12: 1.5µg (24.97%), Potassium: 566.86mg (16.2%), Vitamin B2: 0.25mg (14.95%), Iron: 2.26mg (12.57%), Vitamin E: 1.65mg (10.99%), Folate: 43.41µg (10.85%), Vitamin B5: 1.05mg (10.46%), Magnesium: 41.53mg (10.38%), Vitamin B1: 0.12mg (8.07%), Copper: 0.11mg (5.68%), Fiber: 1.22g (4.87%), Manganese: 0.1mg (4.82%), Vitamin K: 4.74µg (4.51%), Vitamin D: 0.17µg (1.13%)