



Cheesy Steak and Potato Skillet

 Gluten Free

READY IN



30 min.

SERVINGS



4

CALORIES



325 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

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

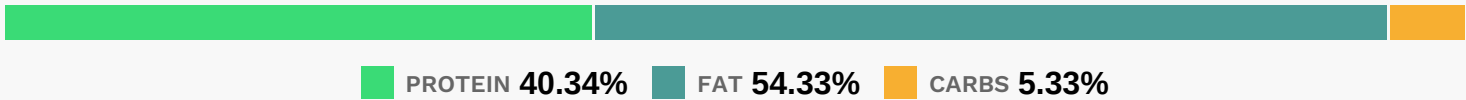
Equipment

☐ 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:43.19, Glycemic Load:0.96, Inflammation Score:-9, Nutrition Score:22.559565414553%

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 Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.14mg, Quercetin: 0.14mg, Quercetin: 0.14mg, Quercetin: 0.14mg

Nutrients (% of daily need)

Calories: 325.29kcal (16.26%), Fat: 19.46g (29.94%), Saturated Fat: 8.13g (50.8%), Carbohydrates: 4.29g (1.43%), Net Carbohydrates: 3.11g (1.13%), Sugar: 2.45g (2.72%), Cholesterol: 95.25mg (31.75%), Sodium: 753.26mg (32.75%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 32.5g (65.01%), Vitamin C: 71.7mg (86.91%), Selenium: 43.06µg (61.52%), Vitamin A: 2283.94IU (45.68%), Vitamin B6: 0.9mg (45.02%), Vitamin B3: 7.9mg (39.52%), Phosphorus: 385.96mg (38.6%), Zinc: 5.72mg (38.15%), Calcium: 232.37mg (23.24%), Vitamin B12: 1.37µg (22.89%), Vitamin B2: 0.31mg (18.33%), Potassium: 550.14mg (15.72%), Iron: 2.12mg (11.8%), Folate: 46.52µg (11.63%), Vitamin E: 1.63mg (10.87%), Vitamin B5: 1.04mg (10.45%), Magnesium: 40.81mg (10.2%), Vitamin B1: 0.13mg (8.34%), Copper: 0.11mg (5.39%), Fiber: 1.19g (4.75%), Vitamin K: 4.68µg (4.45%), Manganese: 0.09mg (4.28%), Vitamin D: 0.17µg (1.13%)