



Confetti Beef Skillet

 Gluten Free

READY IN



30 min.

SERVINGS



30

CALORIES



46 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 14 oz canned tomatoes diced italian-style undrained canned
- 0.5 lb extra ground beef lean
- 10 oz regular corn frozen thawed
- 1.3 cups brown rice instant uncooked
- 1 env. seasons dressing mix italian good
- 0.5 cup milk mozzarella cheese shredded 2% kraft
- 1 cup water
- 1 medium onion yellow chopped

1 medium zucchini thinly sliced

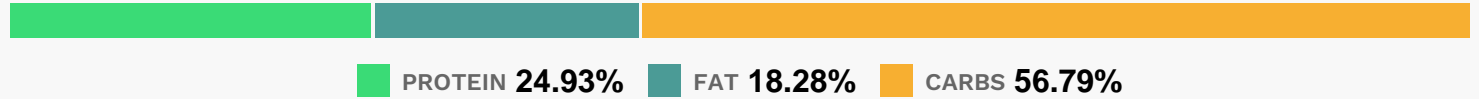
Equipment

frying pan

Directions

- Brown meat in large nonstick skillet on medium-high heat; drain.
- Add onion; cook and stir until tender. Stir in dressing mix. Reduce heat to medium-low.
- Add zucchini, tomatoes and corn; mix lightly. Cover; simmer 5 minutes.
- Stir in water. Bring to boil on medium-high heat. Stir in rice; cover. Reduce heat to medium-low; cook 5 minutes.
- Remove from heat; stir. Cover and let stand 5 minutes. Fluff with fork.
- Sprinkle with cheese; cover.
- Let stand 5 minutes or until cheese is melted.

Nutrition Facts



Properties

Glycemic Index:3.57, Glycemic Load:0.38, Inflammation Score:-1, Nutrition Score:2.9173913147786%

Flavonoids

Isorhamnetin: 0.18mg, Isorhamnetin: 0.18mg, Isorhamnetin: 0.18mg, Isorhamnetin: 0.18mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.79mg, Quercetin: 0.79mg, Quercetin: 0.79mg, Quercetin: 0.79mg

Nutrients (% of daily need)

Calories: 45.74kcal (2.29%), Fat: 0.96g (1.48%), Saturated Fat: 0.44g (2.78%), Carbohydrates: 6.74g (2.25%), Net Carbohydrates: 6.03g (2.19%), Sugar: 0.92g (1.02%), Cholesterol: 6.16mg (2.05%), Sodium: 38.55mg (1.68%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.96g (5.92%), Vitamin B3: 1.02mg (5.11%), Manganese: 0.09mg (4.6%), Folate: 18.13µg (4.53%), Selenium: 3.15µg (4.5%), Vitamin B6: 0.09mg (4.33%), Phosphorus: 41.81mg (4.18%), Zinc: 0.62mg (4.14%), Vitamin B1: 0.06mg (4.07%), Vitamin C: 3.34mg (4.05%), Iron: 0.68mg (3.79%), Vitamin B12: 0.21µg (3.53%), Potassium: 117.49mg (3.36%), Fiber: 0.71g (2.85%), Magnesium: 9.83mg (2.46%), Vitamin B2: 0.04mg (2.4%), Copper: 0.05mg (2.38%), Calcium: 17.9mg (1.79%), Vitamin B5: 0.15mg (1.49%), Vitamin E: 0.2mg

(1.33%), Vitamin A: 54.58IU (1.09%), Vitamin K: 1.07µg (1.02%)