



Cowboy Beef & Bean Skillet

 Gluten Free  Dairy Free

READY IN



30 min.

SERVINGS



30

CALORIES



95 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 2 slices oscar mayer bacon chopped
- 0.8 cup original barbecue sauce kraft
- 1.5 lb beef sirloin steak cut into thin strips
- 15 oz shell beans rinsed canned
- 16 oz pinto beans rinsed canned
- 1 onion chopped
- 1 bell pepper red chopped

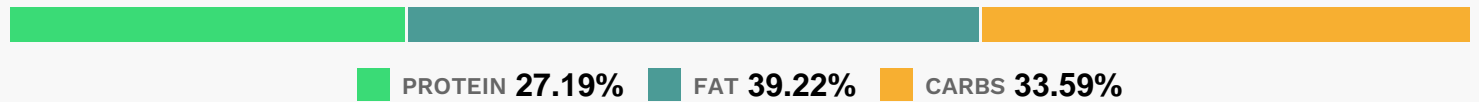
Equipment

- frying pan
- dutch oven

Directions

- Cook steak strips in large deep nonstick skillet or Dutch oven on medium-high heat 3 min. or just until no longer pink in centers.
- Transfer to plate.
- Add bacon to skillet; cook on medium heat 1 min. Stir in onions and peppers; cook 6 min. or until bacon is done and vegetables are crisp-tender.
- Add beans and barbecue sauce; mix well. Simmer on medium-low heat 5 min., stirring occasionally.
- Return steak and any juices from plate to skillet; cook 1 to 2 min. or until steak strips are done, stirring occasionally.

Nutrition Facts



Properties

Glycemic Index:4.67, Glycemic Load:1.36, Inflammation Score:-2, Nutrition Score:4.3004347931432%

Flavonoids

Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg 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: 0.75mg, Quercetin: 0.75mg, Quercetin: 0.75mg, Quercetin: 0.75mg

Nutrients (% of daily need)

Calories: 94.86kcal (4.74%), Fat: 4.11g (6.33%), Saturated Fat: 1.59g (9.93%), Carbohydrates: 7.93g (2.64%), Net Carbohydrates: 6.34g (2.31%), Sugar: 2.85g (3.17%), Cholesterol: 13.67mg (4.56%), Sodium: 184.05mg (8%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.42g (12.83%), Vitamin B12: 0.64µg (10.63%), Phosphorus: 69.5mg (6.95%), Selenium: 4.79µg (6.84%), Vitamin B6: 0.14mg (6.77%), Vitamin C: 5.5mg (6.66%), Zinc: 0.97mg (6.44%), Fiber: 1.59g (6.34%), Manganese: 0.12mg (6.04%), Iron: 1.01mg (5.62%), Vitamin B3: 1.05mg (5.23%), Potassium: 176.21mg (5.03%), Magnesium: 17mg (4.25%), Copper: 0.08mg (3.79%), Folate: 14.74µg (3.69%), Vitamin B2: 0.06mg (3.39%), Vitamin B1: 0.05mg (3.19%), Vitamin A: 140.83IU (2.82%), Vitamin B5: 0.16mg (1.65%), Calcium: 15mg (1.5%), Vitamin E: 0.21mg (1.42%)