



Cuban-Style Beef

 **Gluten Free**

READY IN



40 min.

SERVINGS



40

CALORIES



52 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1 lb beef sirloin steak cut into 1-inch cubes
- 8 oz tomato sauce canned
- 0.3 cup cilantro leaves chopped
- 1 cup colby & monterey jack cheeses shredded kraft
- 10 oz kernel corn whole frozen
- 2 Tbsp 2 tbsp. kraft zesty italian dressing italian kraft
- 0.5 lb new potatoes cooked coarsely chopped
- 1 onion chopped

0.3 cup water

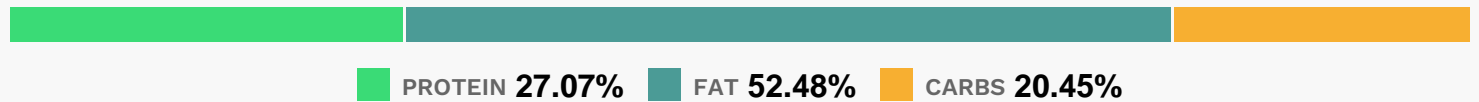
Equipment

frying pan

Directions

- Cook and stir onion in dressing in large skillet on medium-high heat 3 min.
- Add meat; cook 5 min. or until evenly browned, stirring occasionally.
- Add potatoes, corn, tomato sauce and water; mix well. Cook on medium-low heat 10 to 15 min. or until meat is done, stirring occasionally.
- Sprinkle with cheese and cilantro.

Nutrition Facts



Properties

Glycemic Index:4.69, Glycemic Load:0.88, Inflammation Score:-1, Nutrition Score:2.0634782599366%

Flavonoids

Isorhamnetin: 0.14mg, Isorhamnetin: 0.14mg, Isorhamnetin: 0.14mg, Isorhamnetin: 0.14mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Quercetin: 0.65mg, Quercetin: 0.65mg, Quercetin: 0.65mg, Quercetin: 0.65mg

Nutrients (% of daily need)

Calories: 52.03kcal (2.6%), Fat: 3.02g (4.65%), Saturated Fat: 1.39g (8.69%), Carbohydrates: 2.65g (0.88%), Net Carbohydrates: 2.39g (0.87%), Sugar: 0.46g (0.51%), Cholesterol: 9.49mg (3.16%), Sodium: 72.35mg (3.15%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.51g (7.01%), Vitamin B12: 0.34µg (5.71%), Phosphorus: 43.44mg (4.34%), Vitamin B6: 0.07mg (3.6%), Zinc: 0.53mg (3.52%), Selenium: 2.43µg (3.47%), Vitamin B3: 0.59mg (2.96%), Potassium: 93.32mg (2.67%), Calcium: 25.74mg (2.57%), Vitamin B2: 0.04mg (2.37%), Vitamin C: 1.87mg (2.26%), Iron: 0.38mg (2.09%), Magnesium: 6.41mg (1.6%), Vitamin B1: 0.02mg (1.35%), Copper: 0.03mg (1.34%), Folate: 5.33µg (1.33%), Vitamin A: 64.53IU (1.29%), Manganese: 0.02mg (1.24%), Vitamin K: 1.09µg (1.04%), Fiber: 0.26g (1.04%)