



## Fragrant Beef Skillet

 Gluten Free

READY IN



20 min.

SERVINGS



4

CALORIES



379 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- 1 lb beef sirloin steak boneless cut into thin strips
- 2 carrots shredded
- 0.5 cup athenos feta cheese crumbled traditional
- 2 Tbsp rosemary dried fresh chopped
- 1.5 cups rice white instant uncooked
- 0.5 peel and juice from a lemon grated
- 1 Tbsp oil
- 2 cups tomatoes chopped

1.5 cups water

## Equipment

frying pan

## Directions

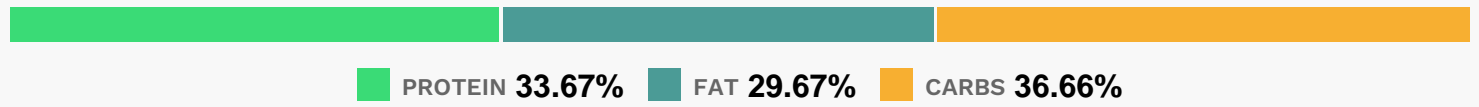
Cook and stir meat in oil in large skillet on high heat 2 min. or until browned.

Add water, rosemary, lemon peel and juice. Bring to boil. Stir in rice and carrots. Bring to boil; cover. Reduce heat to low; simmer 2 min.

Remove from heat.

Let stand 5 min. Top with tomatoes and cheese.

## Nutrition Facts



## Properties

Glycemic Index:45.46, Glycemic Load:2.17, Inflammation Score:-10, Nutrition Score:27.556956374127%

## Flavonoids

Naringenin: 0.51mg, Naringenin: 0.51mg, Naringenin: 0.51mg, Naringenin: 0.51mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg Quercetin: 0.5mg, Quercetin: 0.5mg, Quercetin: 0.5mg, Quercetin: 0.5mg

## Nutrients (% of daily need)

Calories: 378.92kcal (18.95%), Fat: 12.32g (18.96%), Saturated Fat: 4.43g (27.72%), Carbohydrates: 34.27g (11.42%), Net Carbohydrates: 31.13g (11.32%), Sugar: 3.45g (3.84%), Cholesterol: 83.59mg (27.86%), Sodium: 310.55mg (13.5%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 31.47g (62.94%), Vitamin A: 5847.03IU (116.94%), Selenium: 49.85µg (71.21%), Vitamin B3: 10.54mg (52.71%), Vitamin B6: 0.96mg (48.13%), Zinc: 5.8mg (38.67%), Phosphorus: 370.31mg (37.03%), Folate: 131.56µg (32.89%), Vitamin B1: 0.47mg (31.28%), Iron: 4.76mg (26.45%), Manganese: 0.49mg (24.74%), Vitamin B12: 1.38µg (23.05%), Potassium: 716.29mg (20.47%), Vitamin B2: 0.34mg (20.17%), Vitamin C: 13.98mg (16.95%), Calcium: 166.78mg (16.68%), Vitamin K: 14.02µg (13.36%), Magnesium: 50.64mg (12.66%), Fiber: 3.14g (12.57%), Vitamin B5: 1.21mg (12.14%), Copper: 0.23mg (11.6%), Vitamin E: 1.58mg (10.55%)