



Grilled Steak with Red Tomato Rice



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



572 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 cups cilantro leaves fresh divided chopped
- ☐ 1 jar margherita smooth pasta sauce ragu® old world style®
- ☐ 0.3 cup pineapple juice
- ☐ 1 cup converted rice
- ☐ 1.5 pounds skirt steak
- ☐ 3 tablespoons vegetable oil divided
- ☐ 1 cup water

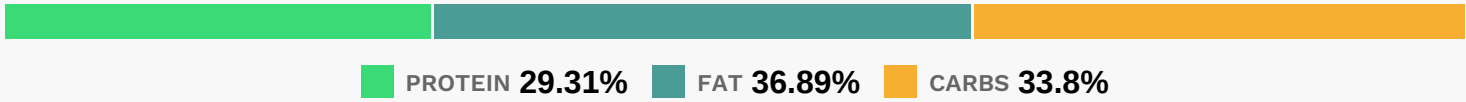
Equipment

- ☐ pot
- ☐ grill
- ☐ ziploc bags

Directions

- ☐ Combine 2 tablespoons oil, 2 teaspoons Knorr Beef flavor Bouillon and pineapple juice in large resealable plastic bag.
- ☐ Add steak; turn to coat. Close bag and marinate in refrigerator at least 3 hours.
- ☐ Heat remaining 1 tablespoon oil 3-quart saucepot over medium-high heat and cook rice, stirring frequently, 3 minutes or until rice is golden. Stir in Pasta Sauce, remaining 1 teaspoon Bouillon, 1-1/2 cups cilantro, water and peas and carrots. Bring to a boil over medium-high heat. Reduce heat to low and simmer covered, stirring occasionally, 25 minutes or until rice is tender.
- ☐ Remove steak from marinade, discarding marinade. Grill or broil steak to desired doneness. Arrange steak and rice on serving platter and sprinkle with remaining 1/2 cup cilantro.
Preparation time: 15 Minute(s) Cook time: 30 Minute(s)

Nutrition Facts



Properties

Glycemic Index:46.05, Glycemic Load:26.34, Inflammation Score:-8, Nutrition Score:31.609565232111%

Flavonoids

Quercetin: 4.23mg, Quercetin: 4.23mg, Quercetin: 4.23mg, Quercetin: 4.23mg

Nutrients (% of daily need)

Calories: 572.29kcal (28.61%), Fat: 23.68g (36.44%), Saturated Fat: 6.41g (40.09%), Carbohydrates: 48.83g (16.28%), Net Carbohydrates: 45.41g (16.51%), Sugar: 8.14g (9.04%), Cholesterol: 107.16mg (35.72%), Sodium: 927.41mg (40.32%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 42.34g (84.67%), Zinc: 11.9mg (79.33%), Selenium: 45.52µg (65.02%), Vitamin B3: 12.21mg (61.03%), Vitamin B12: 3.62µg (60.38%), Vitamin B6: 1.01mg (50.7%), Vitamin K: 50.97µg (48.55%), Manganese: 0.96mg (47.97%), Vitamin B2: 0.69mg (40.86%), Phosphorus: 366.45mg (36.65%), Potassium: 1122.02mg (32.06%), Iron: 5.2mg (28.89%), Vitamin A: 1290.53IU (25.81%), Vitamin E: 3.71mg (24.72%), Copper: 0.48mg (23.97%), Vitamin B5: 2.04mg (20.37%), Magnesium: 79.52mg (19.88%), Vitamin C: 16.03mg (19.43%), Fiber: 3.41g (13.66%), Vitamin B1: 0.19mg (12.8%), Folate: 32.6µg (8.15%), Calcium:

56.65mg (5.66%), Vitamin D: 0.17μg (1.13%)