



Grilled Steak with Red Tomato Rice

 **Gluten Free**  **Dairy Free**

READY IN



15 min.

SERVINGS



4

CALORIES



595 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

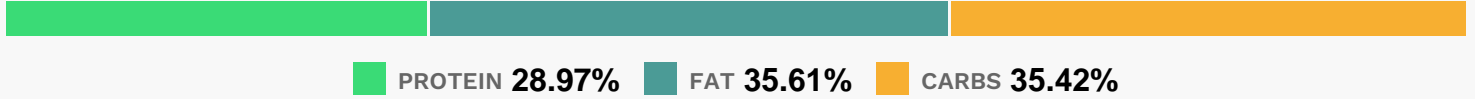
Ingredients

- 3 teaspoons beef bouillon from cube knorr®
- 2 cups cilantro leaves fresh divided chopped
- 26 ounce pasta sauce ragu® old world style®
- 1 cup peas-carrots mix shopping list frozen
- 0.3 cup pineapple juice
- 1 cup rice
- 1.5 pounds skirt steak
- 3 tablespoons vegetable oil divided

1 cup water

Equipment

Nutrition Facts



Properties

Glycemic Index:46.05, Glycemic Load:26.58, Inflammation Score:-10, Nutrition Score:36.822173913043%

Flavonoids

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

Nutrients (% of daily need)

Calories: 594.53kcal (29.73%), Fat: 23.9g (36.77%), Saturated Fat: 6.45g (40.34%), Carbohydrates: 53.49g (17.83%), Net Carbohydrates: 48.67g (17.7%), Sugar: 8.65g (9.61%), Cholesterol: 107.16mg (35.72%), Sodium: 1036.46mg (45.06%), Protein: 43.74g (87.48%), Vitamin A: 4676.28IU (93.53%), Zinc: 12.11mg (80.76%), Selenium: 46.05µg (65.78%), Vitamin B3: 12.87mg (64.35%), Vitamin B12: 3.63µg (60.43%), Vitamin B6: 1.06mg (53.18%), Manganese: 1.06mg (52.87%), Vitamin K: 51.37µg (48.93%), Vitamin B2: 0.73mg (43.12%), Phosphorus: 391.78mg (39.18%), Potassium: 1234.3mg (35.27%), Iron: 5.73mg (31.81%), Copper: 0.53mg (26.35%), Vitamin E: 3.91mg (26.09%), Vitamin C: 20.95mg (25.39%), Magnesium: 88.03mg (22.01%), Vitamin B5: 2.15mg (21.52%), Fiber: 4.82g (19.27%), Vitamin B1: 0.26mg (17.47%), Folate: 46.56µg (11.64%), Calcium: 68.32mg (6.83%), Vitamin D: 0.17µg (1.13%)