



Jalapeno Pepper Steak

 Gluten Free  Low Fod Map

READY IN



25 min.

SERVINGS



25

CALORIES



98 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1 lb beef sirloin steak cut into strips
- 16 oz bell pepper and onion strips frozen thawed drained
- 4.5 cups rice hot cooked
- 8 oz mexican velveeta®

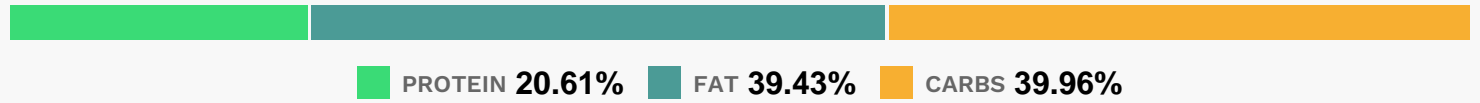
Equipment

- frying pan

Directions

- Spray large skillet with cooking spray.
- Add steak; cook on high heat 5 to 6 minutes or until no longer pink, stirring occasionally.
- Add vegetables; cook and stir 2 minutes. Reduce heat to medium-low.
- Add VELVEETA; cook until melted, stirring frequently.
- Serve over hot cooked rice.

Nutrition Facts



Properties

Glycemic Index:5.64, Glycemic Load:8.84, Inflammation Score:-5, Nutrition Score:4.9113043080205%

Flavonoids

Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 98.12kcal (4.91%), Fat: 4.24g (6.52%), Saturated Fat: 1.12g (7.02%), Carbohydrates: 9.67g (3.22%), Net Carbohydrates: 9.18g (3.34%), Sugar: 1.06g (1.18%), Cholesterol: 14.97mg (4.99%), Sodium: 48.27mg (2.1%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.99g (9.98%), Vitamin C: 23.22mg (28.15%), Vitamin A: 608.9IU (12.18%), Vitamin B12: 0.5µg (8.41%), Manganese: 0.16mg (7.85%), Vitamin B6: 0.15mg (7.41%), Selenium: 5.14µg (7.35%), Zinc: 0.78mg (5.2%), Phosphorus: 48.52mg (4.85%), Vitamin B3: 0.95mg (4.75%), Vitamin B2: 0.05mg (3.05%), Potassium: 104.3mg (2.98%), Iron: 0.5mg (2.78%), Folate: 10.29µg (2.57%), Magnesium: 9.22mg (2.3%), Vitamin B5: 0.22mg (2.25%), Vitamin B1: 0.03mg (2.24%), Vitamin E: 0.3mg (1.99%), Fiber: 0.49g (1.98%), Calcium: 19.72mg (1.97%), Copper: 0.04mg (1.85%)