



Mexican Steak Stir-Fry



Gluten Free



Dairy Free



Very Healthy

READY IN



25 min.

SERVINGS



4

CALORIES



297 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.8 pound beef top sirloin steaks boneless
- ☐ 15 oz pinto beans rinsed drained canned
- ☐ 14.5 ounces canned tomatoes whole undrained canned
- ☐ 1 cup regular corn fresh green frozen giant® niblets®
- ☐ 0.5 cup bell pepper green chopped
- ☐ 0.5 cup onion chopped
- ☐ 0.5 cup salsa thick old el paso®
- ☐ 2 cups zucchini sliced

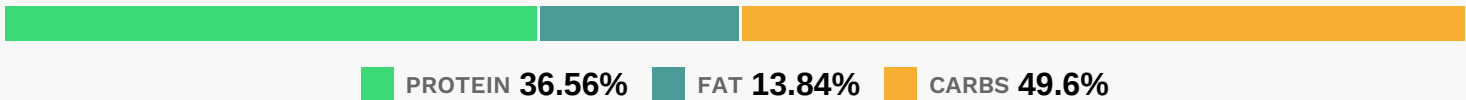
Equipment

☐ frying pan

Directions

- ☐ Remove fat from beef.
- ☐ Cut beef with grain into 2-inch strips; cut strips across grain into 1/8-inch slices.
- ☐ Spray 12-inch nonstick skillet with cooking spray; heat over medium-high heat.
- ☐ Add beef, onion and bell pepper; cook 4 to 5 minutes, stirring frequently, until beef is no longer pink.
- ☐ Stir in all remaining ingredients, breaking up tomatoes. Cook about 5 minutes, stirring occasionally, until zucchini is tender and mixture is hot.

Nutrition Facts



Properties

Glycemic Index:47.63, Glycemic Load:11.8, Inflammation Score:-8, Nutrition Score:25.659565428029%

Flavonoids

Luteolin: 0.88mg, Luteolin: 0.88mg, Luteolin: 0.88mg, Luteolin: 0.88mg Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 4.88mg, Quercetin: 4.88mg, Quercetin: 4.88mg, Quercetin: 4.88mg

Nutrients (% of daily need)

Calories: 296.72kcal (14.84%), Fat: 4.78g (7.36%), Saturated Fat: 1.43g (8.94%), Carbohydrates: 38.56g (12.85%), Net Carbohydrates: 28.93g (10.52%), Sugar: 11.44g (12.71%), Cholesterol: 50.18mg (16.73%), Sodium: 688.1mg (29.92%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 28.43g (56.85%), Vitamin B6: 1.04mg (52.22%), Vitamin C: 40.49mg (49.07%), Vitamin B3: 8.45mg (42.23%), Manganese: 0.79mg (39.74%), Selenium: 27.41µg (39.15%), Fiber: 9.63g (38.51%), Phosphorus: 383.27mg (38.33%), Potassium: 1289.54mg (36.84%), Zinc: 4.84mg (32.23%), Iron: 4.91mg (27.29%), Magnesium: 105.1mg (26.28%), Copper: 0.52mg (25.94%), Folate: 80.63µg (20.16%), Vitamin B1: 0.29mg (19.4%), Vitamin E: 2.71mg (18.05%), Vitamin B2: 0.27mg (16.1%), Vitamin B5: 1.53mg (15.27%), Vitamin K: 14.26µg (13.58%), Vitamin A: 671.52IU (13.43%), Vitamin B12: 0.8µg (13.32%), Calcium: 130.26mg (13.03%)