



Mexican Steak Stir-Fry



Gluten Free



Dairy Free



Very Healthy

READY IN



25 min.

SERVINGS



4

CALORIES



300 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

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

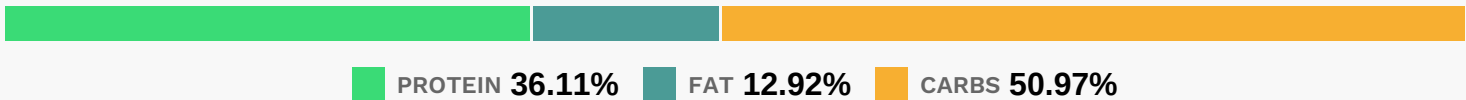
Equipment

- ☐ 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:33.75, Glycemic Load:7.83, Inflammation Score:-8, Nutrition Score:25.928260761759%

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: 300.19kcal (15.01%), Fat: 4.53g (6.97%), Saturated Fat: 1.4g (8.78%), Carbohydrates: 40.17g (13.39%), Net Carbohydrates: 30.31g (11.02%), Sugar: 9.69g (10.77%), Cholesterol: 50.18mg (16.73%), Sodium: 689.77mg (29.99%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 28.47g (56.93%), Vitamin B6: 1.06mg (53.24%), Vitamin C: 41.34mg (50.11%), Vitamin B3: 8.49mg (42.46%), Manganese: 0.8mg (39.78%), Selenium: 27.66µg (39.51%), Fiber: 9.86g (39.44%), Phosphorus: 389.52mg (38.95%), Potassium: 1326.89mg (37.91%), Zinc: 4.89mg (32.57%), Iron: 5.02mg (27.89%), Magnesium: 108.29mg (27.07%), Copper: 0.52mg (26.04%), Folate: 88.27µg (22.07%), Vitamin B1: 0.3mg (19.85%), Vitamin E: 2.67mg (17.82%), Vitamin B2: 0.29mg (16.95%), Vitamin K: 14.1µg (13.43%), Vitamin B5: 1.34mg (13.43%), Vitamin B12: 0.8µg (13.32%), Calcium: 130.75mg (13.07%), Vitamin A: 571.91IU (11.44%)