



Nacho Flank Steak

 Gluten Free

READY IN



25 min.

SERVINGS



25

CALORIES



81 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1.5 lb beef flank steak cut into 1/4-inch-thick slices
- 1.5 cups four cheese shredded mexican style kraft finely
- 20 oz tomatoes and chiles diced green drained canned
- 2 green onions chopped
- 0.5 cup 1/2 cup kraft zesty italian dressing italian kraft
- 1 jalapeño pepper seeded sliced
- 1 plum tomatoes seeded chopped

Equipment

- bowl
- frying pan

Directions

- Toss meat with dressing in medium bowl.
- Heat large skillet on medium-high heat.
- Add meat, in batches; cook 1-1/2 min. or until evenly browned, stirring frequently.
- Remove from skillet; cover to keep warm.
- Add peppers to skillet; cook 30 sec. Stir in canned tomatoes; cook 30 sec. Stir in meat; cook 1 min. or until done. Top with cheese; cover.
- Remove from heat.
- Let stand 1 min. or until cheese is melted.
- Top with plum tomatoes and onions.

Nutrition Facts



Properties

Glycemic Index:5.16, Glycemic Load:0.09, Inflammation Score:-2, Nutrition Score:4.5530434600685%

Flavonoids

Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.12mg, Quercetin: 0.12mg, Quercetin: 0.12mg, Quercetin: 0.12mg

Nutrients (% of daily need)

Calories: 80.94kcal (4.05%), Fat: 4.7g (7.22%), Saturated Fat: 2.01g (12.57%), Carbohydrates: 1.83g (0.61%), Net Carbohydrates: 1.54g (0.56%), Sugar: 1.16g (1.29%), Cholesterol: 23.11mg (7.7%), Sodium: 107.99mg (4.7%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.65g (15.3%), Selenium: 10.07µg (14.39%), Vitamin B6: 0.2mg (10.01%), Vitamin B3: 1.89mg (9.43%), Phosphorus: 92.06mg (9.21%), Zinc: 1.33mg (8.9%), Calcium: 62.41mg (6.24%), Vitamin K: 6.03µg (5.74%), Vitamin B12: 0.32µg (5.33%), Vitamin B2: 0.08mg (4.41%), Potassium: 153.67mg (4.39%), Iron: 0.69mg (3.82%), Vitamin C: 2.65mg (3.21%), Magnesium: 11.08mg (2.77%), Vitamin E: 0.41mg (2.71%), Vitamin A: 126.61IU (2.53%), Vitamin B5: 0.23mg (2.3%), Vitamin B1: 0.03mg (2.28%), Copper: 0.04mg (2.07%), Folate: 7.77µg (1.94%), Manganese: 0.03mg (1.6%), Fiber: 0.29g (1.17%)