



Pronto Saucy Beef Pasta Skillet

 Dairy Free

READY IN



23 min.

SERVINGS



23

CALORIES



98 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 0.3 cup balsamic vinaigrette dressing divided kraft
- 1 lb beef sirloin steak boneless cut into thin strips
- 8 oz mushrooms drained sliced canned
- 14 oz canned tomatoes undrained canned
- 0.5 cup cheez whiz cheese dip
- 1 medium bell pepper green chopped
- 1 medium onion sliced
- 4 cups bite-size pasta uncooked

Equipment

frying pan

Directions

Cook pasta as directed on package.

Meanwhile, cook and stir steak in 2 Tbsp. of the dressing in large skillet on medium-high heat 2 min. or until steak is browned on all sides. Stir in tomatoes with their liquid, the onions, peppers, mushrooms and remaining 2 Tbsp. dressing. Bring to boil. Reduce heat to medium; simmer 10 min. or until onions and peppers are crisp-tender.

Remove from heat.

Top with CHEEZ WHIZ; cover.

Let stand 2 to 3 min. or until CHEEZ WHIZ is melted.

Serve over hot drained pasta.

Nutrition Facts



Properties

Glycemic Index:5.09, Glycemic Load:3.6, Inflammation Score:-2, Nutrition Score:5.1813044288884%

Flavonoids

Luteolin: 0.24mg, Luteolin: 0.24mg, Luteolin: 0.24mg, Luteolin: 0.24mg Isorhamnetin: 0.24mg, Isorhamnetin: 0.24mg, Isorhamnetin: 0.24mg, Isorhamnetin: 0.24mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Quercetin: 1.09mg, Quercetin: 1.09mg, Quercetin: 1.09mg, Quercetin: 1.09mg

Nutrients (% of daily need)

Calories: 98.3kcal (4.91%), Fat: 2.97g (4.56%), Saturated Fat: 1.06g (6.63%), Carbohydrates: 10.88g (3.63%), Net Carbohydrates: 9.8g (3.56%), Sugar: 2.03g (2.25%), Cholesterol: 15.49mg (5.16%), Sodium: 184.04mg (8%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.93g (13.87%), Selenium: 13.2µg (18.86%), Phosphorus: 117.24mg (11.72%), Vitamin B6: 0.19mg (9.39%), Vitamin B3: 1.85mg (9.26%), Zinc: 1.15mg (7.69%), Manganese: 0.15mg (7.52%), Vitamin C: 6.12mg (7.42%), Potassium: 185.34mg (5.3%), Copper: 0.11mg (5.27%), Iron: 0.79mg (4.4%), Fiber: 1.08g (4.33%), Magnesium: 15.99mg (4%), Vitamin B1: 0.05mg (3.38%), Calcium: 33.82mg (3.38%), Vitamin B2: 0.06mg (3.3%), Vitamin B5: 0.31mg (3.13%), Vitamin B12: 0.19µg (3.09%), Folate: 9.29µg (2.32%), Vitamin E: 0.3mg (2.02%), Vitamin A: 89.72IU (1.79%), Vitamin K: 1.54µg (1.47%)