



Salsa Fajita Beef

 Dairy Free

READY IN



25 min.

SERVINGS



4

CALORIES



558 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 tablespoons vegetable oil
- ☐ 11 oz flour tortilla for burritos (8 count cut into 1/-wide strips)
- ☐ 1 lb beef top sirloin steaks boneless cut into bite-size strips
- ☐ 1.5 cups bell pepper frozen (from 1-lb bag)
- ☐ 1.5 cups corn frozen (from 1-lb bag)
- ☐ 1.5 cups salsa thick
- ☐ 1 tablespoon sugar

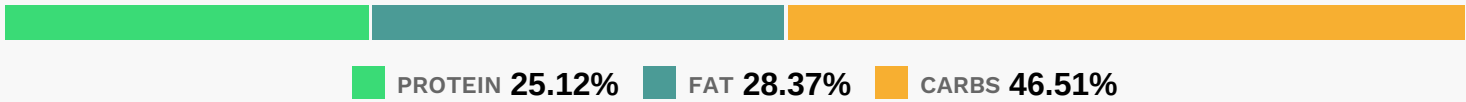
Equipment

- ☐ frying pan
- ☐ paper towels

Directions

- ☐ In 10-inch skillet, heat 2 tablespoons of the oil over medium-high heat. Cook tortilla strips, a few at a time, 1 to 2 minutes, stirring occasionally, until crisp (if necessary, add additional tablespoon oil); drain tortilla strips on paper towels.
- ☐ In same skillet, cook beef over medium-high heat 2 to 4 minutes, stirring occasionally, until browned. Stir in all remaining ingredients. Reduce heat to medium; simmer 5 minutes or until vegetables are crisp-tender. Stir in tortilla strips.

Nutrition Facts



Properties

Glycemic Index:34.02, Glycemic Load:14.96, Inflammation Score:-9, Nutrition Score:34.316956644473%

Flavonoids

Luteolin: 0.34mg, Luteolin: 0.34mg, Luteolin: 0.34mg, Luteolin: 0.34mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg

Nutrients (% of daily need)

Calories: 557.68kcal (27.88%), Fat: 17.89g (27.52%), Saturated Fat: 4.92g (30.77%), Carbohydrates: 65.98g (21.99%), Net Carbohydrates: 58.59g (21.31%), Sugar: 11.95g (13.28%), Cholesterol: 66.9mg (22.3%), Sodium: 1282.26mg (55.75%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 35.63g (71.27%), Vitamin C: 77.83mg (94.34%), Selenium: 53.76µg (76.8%), Vitamin B3: 13.46mg (67.3%), Vitamin B6: 1.2mg (60.15%), Phosphorus: 499.43mg (49.94%), Vitamin A: 2219.92IU (44.4%), Vitamin B1: 0.61mg (40.35%), Zinc: 5.72mg (38.11%), Folate: 142.38µg (35.59%), Manganese: 0.67mg (33.41%), Iron: 5.73mg (31.83%), Potassium: 1053.7mg (30.11%), Fiber: 7.39g (29.56%), Vitamin B2: 0.49mg (28.8%), Vitamin K: 26.2µg (24.95%), Magnesium: 84.36mg (21.09%), Vitamin E: 2.95mg (19.64%), Vitamin B12: 1.07µg (17.77%), Calcium: 172.49mg (17.25%), Vitamin B5: 1.42mg (14.25%), Copper: 0.27mg (13.65%)