






 **62%**  
HEALTH SCORE

# Santa Fe Beef Medley

 **Gluten Free**  **Dairy Free**  **Very Healthy**

READY IN  
  
**20 min.**

SERVINGS  
  
**2**

CALORIES  
  
**294 kcal**

**LUNCH** **MAIN COURSE** **MAIN DISH** **DINNER**

## Ingredients

- 0.3 cup gravy
- 0.5 pound beef sirloin steak boneless cubed
- 1 medium bell pepper red sliced into thin strips
- 0.5 teaspoon salt
- 1.5 teaspoons southwest seasoning
- 8.8 ounce kernel corn whole drained canned
- 1 medium zucchini sliced
- 2 sheets non-stick foil reynolds wrap® (12x18-inches each)

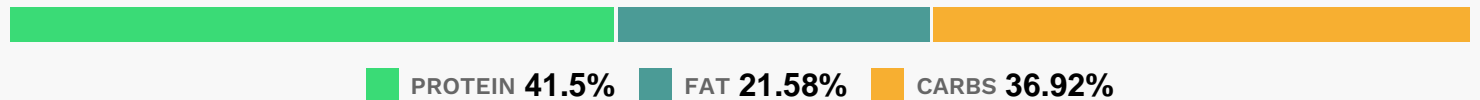
## Equipment

- baking sheet
- oven
- grill
- aluminum foil

## Directions

- Preheat oven to 450 degrees F or grill to medium-high.
- Center one-half of steak cubes on each sheet of Reynolds Wrap® Non-Stick Foil with non-stick (dull) side toward food; sprinkle with 1/2 teaspoon Sante Fe seasoning. Arrange zucchini, red pepper and corn on top of steak.
- Combine gravy, remaining seasoning and salt; drizzle over beef and vegetables.
- Bring up foil sides. Double fold top and ends to seal packet, leaving room for heat circulation inside. Repeat to make two packets.
- Bake 18 to 20 minutes on a cookie sheet in oven.
- OR grill 10 to 12 minutes in covered grill.

## Nutrition Facts



## Properties

Glycemic Index:26, Glycemic Load:1.11, Inflammation Score:-9, Nutrition Score:27.323478367018%

## Flavonoids

Luteolin: 0.36mg, Luteolin: 0.36mg, Luteolin: 0.36mg, Luteolin: 0.36mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.78mg, Quercetin: 0.78mg, Quercetin: 0.78mg, Quercetin: 0.78mg

## Nutrients (% of daily need)

Calories: 294.24kcal (14.71%), Fat: 7.1g (10.93%), Saturated Fat: 2.26g (14.14%), Carbohydrates: 27.33g (9.11%), Net Carbohydrates: 23.53g (8.56%), Sugar: 5.76g (6.41%), Cholesterol: 70.05mg (23.35%), Sodium: 1038.33mg (45.14%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 30.73g (61.46%), Vitamin C: 95.9mg (116.24%), Vitamin

B6: 1.08mg (54.18%), Selenium: 35.35µg (50.5%), Vitamin B3: 9.5mg (47.5%), Vitamin A: 2121.83IU (42.44%), Zinc: 5.45mg (36.31%), Phosphorus: 348.3mg (34.83%), Vitamin K: 31.36µg (29.87%), Potassium: 976.73mg (27.91%), Folate: 110.36µg (27.59%), Manganese: 0.51mg (25.4%), Iron: 4.08mg (22.68%), Vitamin B2: 0.32mg (18.64%), Magnesium: 74.5mg (18.63%), Vitamin B12: 1.07µg (17.77%), Fiber: 3.8g (15.2%), Vitamin E: 2.05mg (13.67%), Vitamin B1: 0.19mg (12.43%), Vitamin B5: 1.16mg (11.64%), Calcium: 106.67mg (10.67%), Copper: 0.21mg (10.58%)