



Saucy Tomato and Pepper Steak

 Gluten Free

READY IN



30 min.

SERVINGS



30

CALORIES



49 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.3 cup balsamic vinaigrette dressing kraft
- 1.5 lb beef sirloin steak boneless thick
- 0.5 cup four cheese shredded mexican style kraft finely
- 2 cloves garlic minced
- 1 tsp chili powder and ground cumin
- 0.3 tsp ground pepper red (cayenne)
- 1 small onion chopped
- 1 bell pepper green red coarsely chopped

1 tomatoes chopped

Equipment

frying pan

broiler

broiler pan

Directions

Heat broiler.

Mix chili powder, cumin and ground red pepper; rub over both sides of steak.

Place on rack of broiler pan.

Broil, 4 to 5 inches from heat source, 8 to 10 min. on each side or to medium doneness (160F).
Meanwhile, heat dressing in large skillet on medium-high heat.

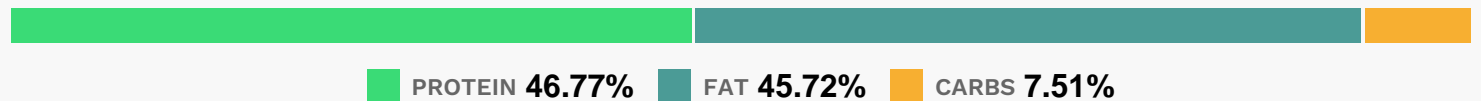
Add onions; cook and stir 3 min.

Add bell peppers and garlic; cook 5 to 6 min. or until vegetables are crisp-tender, stirring occasionally.

Add tomatoes; stir. Cook 2 to 3 min. or until heated through, stirring occasionally.

Cut steak across grain into 6 pieces; place on serving platter. Top with vegetable mixture and cheese.

Nutrition Facts



Properties

Glycemic Index:5.47, Glycemic Load:0.13, Inflammation Score:-1, Nutrition Score:3.0899999796048%

Flavonoids

Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg Isorhamnetin: 0.12mg, Isorhamnetin: 0.12mg, Isorhamnetin: 0.12mg, Isorhamnetin: 0.12mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.59mg, Quercetin: 0.59mg, Quercetin: 0.59mg, Quercetin: 0.59mg

Nutrients (% of daily need)

Calories: 49.17kcal (2.46%), Fat: 2.44g (3.75%), Saturated Fat: 0.75g (4.7%), Carbohydrates: 0.9g (0.3%), Net Carbohydrates: 0.71g (0.26%), Sugar: 0.41g (0.45%), Cholesterol: 15.26mg (5.09%), Sodium: 50.55mg (2.2%), Alcohol: 0g (0%), Alcohol %: 0% (0%), Protein: 5.61g (11.22%), Selenium: 7.58µg (10.83%), Vitamin B6: 0.16mg (8.17%), Vitamin B3: 1.53mg (7.64%), Zinc: 1mg (6.66%), Phosphorus: 59.55mg (5.96%), Vitamin C: 4mg (4.85%), Vitamin B12: 0.23µg (3.89%), Potassium: 105.34mg (3.01%), Iron: 0.42mg (2.32%), Vitamin B2: 0.04mg (2.31%), Calcium: 20.59mg (2.06%), Vitamin A: 100.69IU (2.01%), Magnesium: 7.01mg (1.75%), Vitamin B5: 0.17mg (1.69%), Vitamin B1: 0.02mg (1.54%), Copper: 0.03mg (1.28%), Folate: 4.85µg (1.21%), Vitamin E: 0.15mg (1.03%), Manganese: 0.02mg (1.02%)