



Savory Achiote Steak & Rice Skillet

 Gluten Free

READY IN



35 min.

SERVINGS



35

CALORIES



76 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1 lb beef flank steak cut into 1/4-inch strips cut in half lengthwise,
- 15 oz goya pigeon peas rinsed drained canned
- 15 oz canned tomatoes diced mexican-style drained canned
- 0.5 cup knudsen cream sour
- 6 oz oscar mayer ham smoked chopped
- 2 Tbsp 2 tbsp. kraft zesty italian dressing italian kraft
- 1 tsp pkt. seasoning with coriander and annatto
- 1.8 cups water

1 cup rice white uncooked

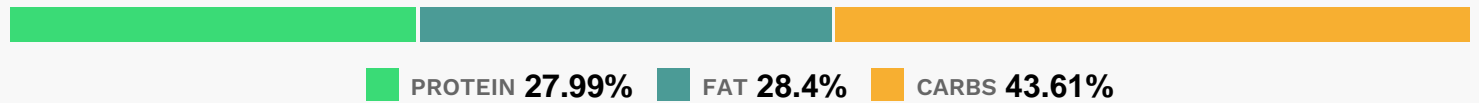
Equipment

frying pan

Directions

- Heat dressing in large skillet on medium-high heat.
- Add meat; cook 2 min. or until browned.
- Remove meat from skillet; set aside. Keep warm.
- Add rice and ham to skillet. Cook 2 min., stirring occasionally. Stir in water and seasoning mix. Bring to boil; cover. Reduce heat to low; cook 15 min. or until rice is tender.
- Stir in meat, pigeon peas and tomatoes; cover. Cook 5 to 10 min. or until heated through. Top with sour cream before serving.

Nutrition Facts



Properties

Glycemic Index:3.61, Glycemic Load:3.24, Inflammation Score:-1, Nutrition Score:3.8091303932926%

Nutrients (% of daily need)

Calories: 76.34kcal (3.82%), Fat: 2.4g (3.69%), Saturated Fat: 0.94g (5.89%), Carbohydrates: 8.29g (2.76%), Net Carbohydrates: 7.11g (2.59%), Sugar: 0.75g (0.83%), Cholesterol: 12.73mg (4.24%), Sodium: 91.45mg (3.98%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.32g (10.64%), Selenium: 6.29µg (8.99%), Manganese: 0.15mg (7.52%), Vitamin B3: 1.36mg (6.81%), Vitamin B6: 0.13mg (6.66%), Phosphorus: 63.84mg (6.38%), Zinc: 0.83mg (5.5%), Fiber: 1.17g (4.69%), Vitamin B1: 0.07mg (4.68%), Folate: 17.85µg (4.46%), Potassium: 153.01mg (4.37%), Copper: 0.08mg (4.18%), Iron: 0.63mg (3.52%), Magnesium: 13.98mg (3.5%), Vitamin B2: 0.05mg (2.82%), Vitamin B12: 0.16µg (2.6%), Vitamin B5: 0.24mg (2.42%), Vitamin K: 2.2µg (2.1%), Calcium: 19.93mg (1.99%), Vitamin E: 0.27mg (1.8%), Vitamin C: 1.15mg (1.4%)