



## Sofrito Seasoned Skillet Flank Steak

 Gluten Free  Dairy Free

READY IN



25 min.

SERVINGS



25

CALORIES



71 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 1 lb beef flank steak
- 10 oz canned tomatoes diced green undrained canned
- 2 cups rice hot cooked
- 6 oz oscar mayer ham smoked finely chopped
- 0.3 cup 1/4 cup kraft zesty italian dressing italian divided kraft
- 1.5 cups onion chopped
- 2 jalapeño peppers seeded finely chopped

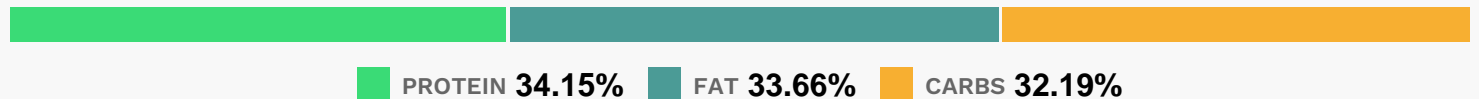
### Equipment

frying pan

## Directions

- Cut steak in half lengthwise and then into 1/4-inch strips.
- Heat 2 Tbsp.of the dressing in large nonstick skillet.
- Add steak; brown in 2 batches, 1 to 2 min. on each side.
- Remove from pan; set aside.
- Add remaining 2 Tbsp. dressing to skillet.
- Add ham, onion and peppers; cook 5 min. until browned and softened, stirring occassionally.
- Add tomatoes and steak. Bring to boil. Reduce heat to simmer. Cook 5 min. or until meat is heated through.
- Serve immediately over rice.

## Nutrition Facts



## Properties

Glycemic Index:5.84, Glycemic Load:4.05, Inflammation Score:-2, Nutrition Score:4.0756521872852%

## Flavonoids

Luteolin: 0.45mg, Luteolin: 0.45mg, Luteolin: 0.45mg, Luteolin: 0.45mg Isorhamnetin: 0.48mg, Isorhamnetin: 0.48mg, Isorhamnetin: 0.48mg, Isorhamnetin: 0.48mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 2.22mg, Quercetin: 2.22mg, Quercetin: 2.22mg, Quercetin: 2.22mg

## Nutrients (% of daily need)

Calories: 71.13kcal (3.56%), Fat: 2.62g (4.03%), Saturated Fat: 0.87g (5.46%), Carbohydrates: 5.64g (1.88%), Net Carbohydrates: 5.15g (1.87%), Sugar: 1.17g (1.3%), Cholesterol: 15.1mg (5.03%), Sodium: 130.73mg (5.68%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.98g (11.96%), Vitamin C: 9.43mg (11.43%), Selenium: 7.95µg (11.36%), Vitamin B6: 0.19mg (9.72%), Vitamin B3: 1.62mg (8.12%), Zinc: 0.96mg (6.41%), Phosphorus: 63.84mg (6.38%), Manganese: 0.1mg (4.8%), Vitamin B1: 0.07mg (4.79%), Potassium: 139.72mg (3.99%), Vitamin B12: 0.21µg (3.48%), Iron: 0.53mg (2.96%), Vitamin B2: 0.05mg (2.88%), Magnesium: 10.08mg (2.52%), Vitamin K: 2.61µg (2.48%), Copper: 0.05mg (2.3%), Vitamin B5: 0.23mg (2.29%), Fiber: 0.49g (1.96%), Folate: 6.63µg (1.66%), Vitamin E: 0.25mg (1.65%), Calcium: 12.53mg (1.25%)