



Southwest Beef and Bell Pepper Skillet

 **Gluten Free**

READY IN



25 min.

SERVINGS



6

CALORIES



363 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 14 oz beef broth fat-free reduced-sodium canned
- 10 oz canned tomatoes diced green undrained canned
- 1.5 cups colby & monterey jack cheeses shredded kraft
- 1 lb extra-lean ground beef
- 2 cups rice white instant uncooked
- 1 large and pepper green yellow cut lengthwise into thin strips, then crosswise in half

Equipment

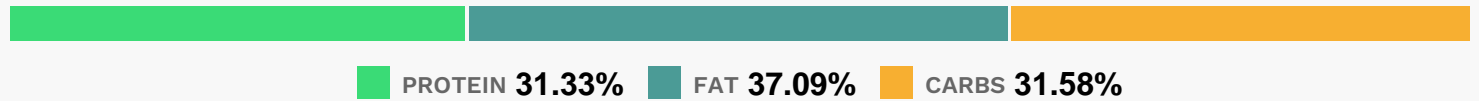
- frying pan

broiler

Directions

- Brown meat in large ovenproof skillet. Stir in broth and tomatoes; bring to boil.
- Add peppers and rice; stir. Cover; simmer on low heat 5 min. or until rice is tender.
- Heat broiler. Top rice mixture with cheese; broil, 6 inches from heat, 2 to 3 min. or until melted.

Nutrition Facts



Properties

Glycemic Index:0, Glycemic Load:0, Inflammation Score:-7, Nutrition Score:20.679565300112%

Flavonoids

Luteolin: 0.33mg, Luteolin: 0.33mg, Luteolin: 0.33mg, Luteolin: 0.33mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 0.56mg, Quercetin: 0.56mg, Quercetin: 0.56mg, Quercetin: 0.56mg

Nutrients (% of daily need)

Calories: 363.06kcal (18.15%), Fat: 14.77g (22.72%), Saturated Fat: 8.43g (52.68%), Carbohydrates: 28.3g (9.43%), Net Carbohydrates: 27g (9.82%), Sugar: 1.31g (1.46%), Cholesterol: 78.22mg (26.07%), Sodium: 441.54mg (19.2%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 28.06g (56.13%), Vitamin C: 61.28mg (74.28%), Selenium: 28.74µg (41.06%), Zinc: 5.39mg (35.93%), Phosphorus: 350.74mg (35.07%), Vitamin B3: 6.8mg (34.02%), Vitamin B12: 1.97µg (32.79%), Calcium: 257.22mg (25.72%), Folate: 100.39µg (25.1%), Iron: 4.46mg (24.76%), Vitamin B6: 0.46mg (23.1%), Vitamin B1: 0.33mg (22.09%), Manganese: 0.37mg (18.33%), Potassium: 598.07mg (17.09%), Vitamin B2: 0.29mg (16.9%), Magnesium: 38.14mg (9.54%), Copper: 0.19mg (9.43%), Vitamin A: 445.3IU (8.91%), Vitamin B5: 0.79mg (7.86%), Fiber: 1.3g (5.18%), Vitamin E: 0.64mg (4.25%), Vitamin K: 2.52µg (2.4%), Vitamin D: 0.27µg (1.82%)