



Southwestern Beef Skillet

 Gluten Free

READY IN



25 min.

SERVINGS



4

CALORIES



435 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 cup tex mex cheese shredded kraft
- ☐ 1 tablespoon chili powder
- ☐ 1 pound extra-lean ground beef
- ☐ 1 cup regular corn frozen
- ☐ 1 cup cut green beans frozen
- ☐ 1.5 cups rice white instant uncooked
- ☐ 1 cup chunky salsa
- ☐ 1 cup water

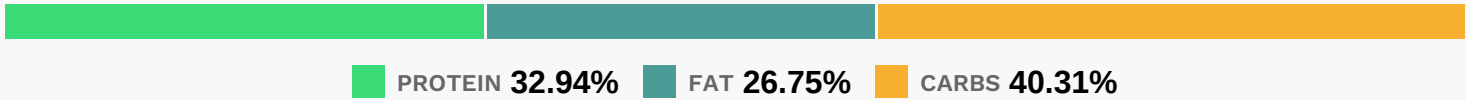
Equipment

☐ frying pan

Directions

- ☐ Brown meat with chili powder in large deep skillet.
- ☐ Add salsa, water, corn and green beans. Bring to boil. Stir in rice; cover. Reduce heat to low; simmer 5 minutes.
- ☐ Remove from heat. Top with cheese; cover.
- ☐ Let stand 5 minutes or until liquid is absorbed and cheese is melted.

Nutrition Facts



Properties

Glycemic Index:18.25, Glycemic Load:0.71, Inflammation Score:-8, Nutrition Score:26.36391291411%

Flavonoids

Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.75mg, Quercetin: 0.75mg, Quercetin: 0.75mg, Quercetin: 0.75mg

Nutrients (% of daily need)

Calories: 435.35kcal (21.77%), Fat: 13.02g (20.03%), Saturated Fat: 6.41g (40.06%), Carbohydrates: 44.15g (14.72%), Net Carbohydrates: 39.77g (14.46%), Sugar: 3.82g (4.25%), Cholesterol: 92.43mg (30.81%), Sodium: 719.5mg (31.28%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 36.07g (72.14%), Selenium: 37.98µg (54.25%), Vitamin B12: 3.18µg (52.98%), Vitamin B3: 10.37mg (51.87%), Zinc: 7.63mg (50.85%), Phosphorus: 434.84mg (43.48%), Vitamin B6: 0.76mg (38.16%), Iron: 6.04mg (33.54%), Folate: 125.05µg (31.26%), Vitamin B1: 0.45mg (29.75%), Manganese: 0.57mg (28.47%), Vitamin A: 1285.68IU (25.71%), Potassium: 808.34mg (23.1%), Vitamin B2: 0.38mg (22.08%), Calcium: 197.1mg (19.71%), Fiber: 4.38g (17.5%), Magnesium: 68.46mg (17.11%), Vitamin K: 17.69µg (16.84%), Vitamin E: 2.05mg (13.68%), Copper: 0.26mg (12.96%), Vitamin B5: 1.24mg (12.39%), Vitamin C: 7.57mg (9.18%), Vitamin D: 0.23µg (1.5%)