



Southwestern Cheesesteak Supper

READY IN



45 min.

SERVINGS



4

CALORIES



449 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 pound beef top sirloin steaks boneless
- 1.5 cups mild cheddar cheese
- 1.5 cups water
- 5 ounces rotini pasta uncooked
- 1 loaf cheese cut into cubes (1 cup) (8 oz. box)

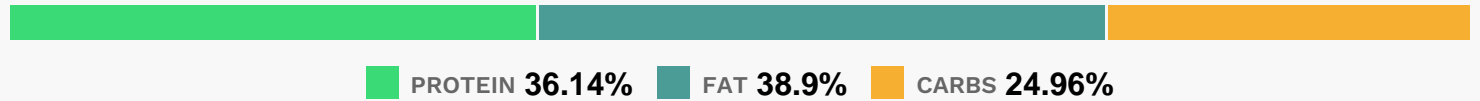
Equipment

- frying pan

Directions

- Spray 12-inch skillet with cooking spray; heat over medium heat.
- Cut beef into 4 serving pieces. Cook beef in skillet about 4 minutes, turning once, until brown.
- Remove beef from skillet.
- Add salsa and water to skillet.
- Heat to boiling. Stir in pasta.
- Place beef in pasta mixture. Cover and cook over medium heat 12 to 15 minutes, stirring occasionally, until pasta is tender.
- Stir in cheese until melted.

Nutrition Facts



Properties

Glycemic Index:24, Glycemic Load:10.92, Inflammation Score:-5, Nutrition Score:20.453913180724%

Nutrients (% of daily need)

Calories: 449.4kcal (22.47%), Fat: 19.04g (29.3%), Saturated Fat: 9.76g (61.03%), Carbohydrates: 27.5g (9.17%), Net Carbohydrates: 26.37g (9.59%), Sugar: 1.09g (1.21%), Cholesterol: 109.53mg (36.51%), Sodium: 348.83mg (15.17%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 39.81g (79.61%), Selenium: 69.39µg (99.12%), Phosphorus: 501.47mg (50.15%), Zinc: 6.61mg (44.06%), Vitamin B3: 7.96mg (39.8%), Vitamin B6: 0.79mg (39.59%), Calcium: 336.41mg (33.64%), Vitamin B12: 1.52µg (25.3%), Vitamin B2: 0.35mg (20.31%), Manganese: 0.34mg (17.08%), Potassium: 516.68mg (14.76%), Magnesium: 57.26mg (14.31%), Iron: 2.35mg (13.08%), Copper: 0.22mg (10.9%), Vitamin B5: 1.07mg (10.7%), Vitamin B1: 0.13mg (8.62%), Vitamin A: 427.IIU (8.54%), Folate: 30.07µg (7.52%), Fiber: 1.13g (4.54%), Vitamin E: 0.68mg (4.51%), Vitamin K: 2.31µg (2.2%), Vitamin D: 0.26µg (1.71%)