



Southwestern Cheesesteak Supper

READY IN



45 min.

SERVINGS



4

CALORIES



305 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

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

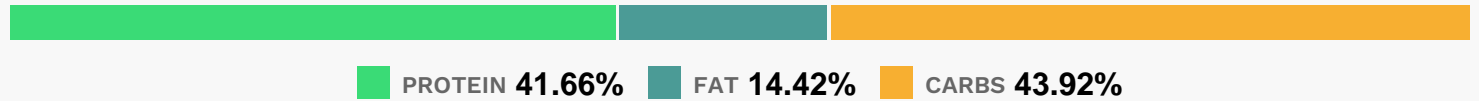
Equipment

- 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:17.25, Glycemic Load:10.64, Inflammation Score:-6, Nutrition Score:18.788695594944%

Nutrients (% of daily need)

Calories: 304.78kcal (15.24%), Fat: 4.82g (7.41%), Saturated Fat: 1.65g (10.3%), Carbohydrates: 33.04g (11.01%), Net Carbohydrates: 30.15g (10.96%), Sugar: 4.66g (5.18%), Cholesterol: 67.15mg (22.38%), Sodium: 711.3mg (30.93%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 31.34g (62.67%), Selenium: 58.27µg (83.24%), Vitamin B6: 0.93mg (46.71%), Vitamin B3: 9.03mg (45.15%), Zinc: 5.25mg (34.99%), Phosphorus: 338.59mg (33.86%), Manganese: 0.45mg (22.38%), Potassium: 735.6mg (21.02%), Vitamin B12: 1.07µg (17.81%), Magnesium: 60.44mg (15.11%), Iron: 2.7mg (14.98%), Copper: 0.27mg (13.37%), Fiber: 2.89g (11.56%), Vitamin B2: 0.19mg (11.16%), Vitamin B5: 1.09mg (10.92%), Vitamin E: 1.55mg (10.32%), Vitamin B1: 0.15mg (10.08%), Vitamin A: 470.51IU (9.41%), Calcium: 64.12mg (6.41%), Folate: 25.07µg (6.27%), Vitamin K: 5.38µg (5.13%), Vitamin C: 1.85mg (2.25%)