



Steak & Pasta Toss

READY IN



25 min.

SERVINGS



25

CALORIES



139 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 1.5 lb beef sirloin steak boneless halved lengthwise cut into 1/4-inch-wide strips
- 2 cups carrots shredded
- 0.3 cup olive oil divided
- 0.5 cup parmesan cheese grated kraft
- 1 lb penne pasta uncooked
- 1 env. seasons dressing mix italian good
- 1 cup onions red thinly sliced
- 2 medium zucchini halved lengthwise cut into 1/4-inch-thick slices

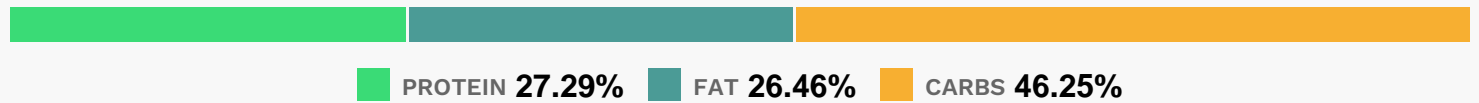
Equipment

- bowl
- frying pan

Directions

- Cook pasta as directed on package.
- Meanwhile, sprinkle steak with dressing mix; toss to coat.
- Heat 1 Tbsp. of the oil in large nonstick skillet.
- Add steak; cook and stir 3 min. or until cooked through.
- Remove from heat. Set aside until ready to use.
- Drain pasta; place in large bowl.
- Add steak and all remaining ingredients; mix lightly.

Nutrition Facts



Properties

Glycemic Index:5.23, Glycemic Load:5.95, Inflammation Score:-8, Nutrition Score:7.8552172627786%

Flavonoids

Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 0.32mg, Isorhamnetin: 0.32mg, Isorhamnetin: 0.32mg, Isorhamnetin: 0.32mg 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: 1.42mg, Quercetin: 1.42mg, Quercetin: 1.42mg, Quercetin: 1.42mg

Nutrients (% of daily need)

Calories: 138.93kcal (6.95%), Fat: 4.04g (6.21%), Saturated Fat: 1.03g (6.46%), Carbohydrates: 15.88g (5.29%), Net Carbohydrates: 14.75g (5.36%), Sugar: 1.63g (1.82%), Cholesterol: 17.8mg (5.93%), Sodium: 62.95mg (2.74%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 9.37g (18.75%), Vitamin A: 1759.48IU (35.19%), Selenium: 20.62µg (29.46%), Vitamin B6: 0.25mg (12.28%), Phosphorus: 115.79mg (11.58%), Vitamin B3: 2.25mg (11.25%), Manganese: 0.22mg (11.09%), Zinc: 1.52mg (10.11%), Potassium: 224.36mg (6.41%), Magnesium: 21.27mg (5.32%), Vitamin C: 3.88mg (4.71%), Vitamin B12: 0.28µg (4.71%), Fiber: 1.13g (4.53%), Copper: 0.09mg (4.48%), Iron: 0.8mg (4.43%), Vitamin B2: 0.07mg (4.29%), Vitamin B1: 0.05mg (3.6%), Vitamin K: 3.7µg (3.53%), Calcium: 34.86mg

(3.49%), Folate: 13.85µg (3.46%), Vitamin E: 0.51mg (3.37%), Vitamin B5: 0.33mg (3.31%)