



Steak & Plantain Stir-Fry

 Gluten Free  Dairy Free

READY IN



30 min.

SERVINGS



30

CALORIES



69 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 4 slices oscar mayer bacon chopped
- 1.5 lb beef flank steak cut in half horizontally, then into thin strips
- 1 Tbsp cilantro leaves chopped
- 0.5 cup 1/2 cup kraft zesty italian dressing italian divided kraft
- 2 large plantains ripe peeled sliced
- 1 cup onions red sliced cut in half

Equipment

- frying pan

Directions

- Cook bacon in large skillet on medium-high heat until crisp, stirring occasionally.
- Remove bacon from skillet, reserving drippings in skillet. Set bacon aside for later use.
- Add steak, in batches, to drippings in skillet; cook and stir 1 to 2 min. or until evenly browned.
- Remove from skillet; cover to keep warm.
- Add 1/4 cup of the dressing and the plantains to skillet. Cook 4 min. on each side or until plantains are browned on both sides.
- Add steak, bacon, onions and remaining 1/4 cup dressing; mix well. Bring to boil. Reduce heat to medium; cover. Cook 5 min. until onions are tender and steak is cooked through.
- Sprinkle with cilantro just before serving.

Nutrition Facts

PROTEIN 31.36% **FAT 40.98%** **CARBS 27.66%**

Properties

Glycemic Index:1.97, Glycemic Load:0.11, Inflammation Score:-2, Nutrition Score:3.4291304304548%

Flavonoids

Isorhamnetin: 0.27mg, Isorhamnetin: 0.27mg, Isorhamnetin: 0.27mg, Isorhamnetin: 0.27mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Quercetin: 1.09mg, Quercetin: 1.09mg, Quercetin: 1.09mg, Quercetin: 1.09mg

Nutrients (% of daily need)

Calories: 69.4kcal (3.47%), Fat: 3.17g (4.88%), Saturated Fat: 0.98g (6.11%), Carbohydrates: 4.82g (1.61%), Net Carbohydrates: 4.52g (1.64%), Sugar: 2.74g (3.04%), Cholesterol: 15.54mg (5.18%), Sodium: 71.03mg (3.09%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.46g (10.92%), Selenium: 7.56µg (10.81%), Vitamin B6: 0.18mg (9.14%), Vitamin B3: 1.62mg (8.11%), Zinc: 0.94mg (6.25%), Vitamin K: 5.97µg (5.68%), Phosphorus: 56mg (5.6%), Potassium: 152.41mg (4.35%), Vitamin B12: 0.22µg (3.68%), Vitamin C: 2.61mg (3.16%), Vitamin A: 138.35IU (2.77%), Magnesium: 10.37mg (2.59%), Iron: 0.45mg (2.49%), Vitamin B1: 0.04mg (2.34%), Vitamin B2: 0.04mg (2.29%), Vitamin B5: 0.2mg (2.02%), Folate: 6.6µg (1.65%), Copper: 0.03mg (1.47%), Manganese: 0.03mg (1.41%), Fiber: 0.29g (1.18%), Vitamin E: 0.17mg (1.1%)