



Baked Steak with Gravy

READY IN



45 min.

SERVINGS



6

CALORIES



462 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 teaspoon butter
- ☐ 4 oz mushrooms drained sliced canned
- ☐ 20 oz golden mushroom soup canned
- ☐ 6 to 8 beef cube steaks
- ☐ 1 cup flour all-purpose
- ☐ 0.1 teaspoon pepper
- ☐ 0.1 teaspoon salt
- ☐ 2.5 cups water

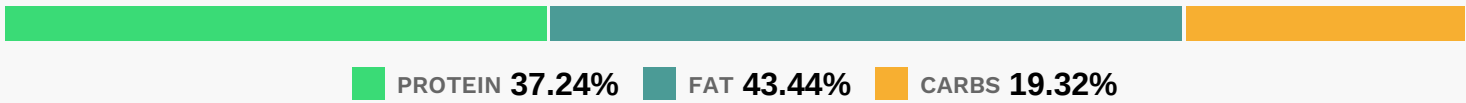
Equipment

- ☐ bowl
- ☐ oven
- ☐ baking pan
- ☐ aluminum foil

Directions

- ☐ Mix flour, salt and pepper in a shallow bowl. Dredge steaks in flour mixture. Melt butter in a skillet over medium heat; add steaks and brown on both sides. Arrange steaks in a lightly greased 13"x9" baking pan; set aside.
- ☐ Combine soup, water and mushrooms.
- ☐ Pour soup mixture over steaks; cover with aluminum foil.
- ☐ Bake at 325 degrees for 45 to 50 minutes. Uncover; bake an additional 15 minutes.

Nutrition Facts



Properties

Glycemic Index:26.17, Glycemic Load:11.51, Inflammation Score:-3, Nutrition Score:22.439565105283%

Nutrients (% of daily need)

Calories: 462.18kcal (23.11%), Fat: 21.79g (33.52%), Saturated Fat: 8.92g (55.73%), Carbohydrates: 21.8g (7.27%), Net Carbohydrates: 20.59g (7.49%), Sugar: 0.5g (0.55%), Cholesterol: 128.92mg (42.97%), Sodium: 911.48mg (39.63%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 42.02g (84.04%), Selenium: 49.84µg (71.2%), Vitamin B3: 12.7mg (63.52%), Vitamin B6: 1.1mg (55.21%), Zinc: 7.88mg (52.52%), Phosphorus: 404.34mg (40.43%), Vitamin B12: 2.24µg (37.39%), Iron: 4.55mg (25.29%), Manganese: 0.47mg (23.47%), Vitamin B1: 0.34mg (22.76%), Copper: 0.43mg (21.55%), Potassium: 736mg (21.03%), Vitamin B2: 0.35mg (20.64%), Folate: 65.74µg (16.43%), Vitamin B5: 1.42mg (14.22%), Magnesium: 52.51mg (13.13%), Calcium: 51.46mg (5.15%), Fiber: 1.22g (4.86%), Vitamin E: 0.63mg (4.19%), Vitamin K: 2.57µg (2.45%)