



Barbecued Beef Cubes or Hamburger

READY IN



30 min.

SERVINGS



4

CALORIES



532 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 tablespoon butter
- ☐ 0.5 teaspoon ground pepper black
- ☐ 0.5 cup catsup
- ☐ 1 tablespoon mustard prepared
- ☐ 1 onion chopped
- ☐ 7 ounces vermicelli pasta
- ☐ 0.5 teaspoon salt
- ☐ 1 pound sirloin cut into 1 inch cubes
- ☐ 1 tablespoon distilled vinegar white

- ☐ 2 tablespoons sugar white
- ☐ 1 tablespoon worcestershire sauce

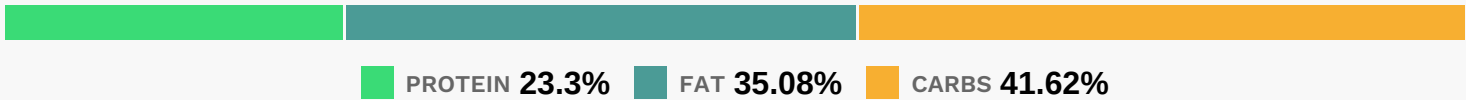
Equipment

- ☐ frying pan

Directions

- ☐ In a large, heavy skillet, saute onions in butter or margarine over medium heat.
- ☐ Add meat, and cook until browned.
- ☐ Mix in mustard, Worcestershire sauce, vinegar, salt, pepper, and ketchup. Reduce heat, cover, and simmer until sauce coats the meat.
- ☐ Serve hot.

Nutrition Facts



Properties

Glycemic Index:75.77, Glycemic Load:19.69, Inflammation Score:-5, Nutrition Score:17.880869305652%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 5.84mg, Quercetin: 5.84mg, Quercetin: 5.84mg, Quercetin: 5.84mg

Nutrients (% of daily need)

Calories: 532.21kcal (26.61%), Fat: 20.6g (31.7%), Saturated Fat: 8.78g (54.88%), Carbohydrates: 54.99g (18.33%), Net Carbohydrates: 52.62g (19.13%), Sugar: 15.35g (17.06%), Cholesterol: 71.03mg (23.68%), Sodium: 747.29mg (32.49%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 30.8g (61.59%), Selenium: 51.81µg (74.02%), Vitamin B12: 3.16µg (52.64%), Phosphorus: 314.85mg (31.48%), Zinc: 4.56mg (30.38%), Manganese: 0.59mg (29.28%), Vitamin B6: 0.59mg (29.26%), Vitamin B3: 5.48mg (27.38%), Iron: 3.4mg (18.91%), Potassium: 629.53mg (17.99%), Vitamin B2: 0.3mg (17.76%), Magnesium: 58.52mg (14.63%), Copper: 0.28mg (14.23%), Vitamin B1: 0.18mg (12.3%), Fiber: 2.37g (9.48%), Vitamin B5: 0.63mg (6.32%), Folate: 24.41µg (6.1%), Vitamin A: 249.3IU (4.99%), Vitamin C: 3.83mg (4.65%), Vitamin E: 0.6mg (3.99%), Calcium: 37.38mg (3.74%), Vitamin K: 1.81µg (1.73%)