



Beef and Vegetables

 Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



392 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 8 ounce mushrooms fresh sliced
- ☐ 1 garlic clove pressed
- ☐ 1 cup reserved gravy (see Mary's Roast Beef)
- ☐ 0.5 bell pepper green cut into 1-inch pieces
- ☐ 4 servings chili-cheese grits squares
- ☐ 1 tablespoon olive oil
- ☐ 1 medium onion chopped
- ☐ 0.5 bell pepper red cut into 1-inch pieces

☐ 1 pound reserved roast beef (see Mary's Roast Beef)

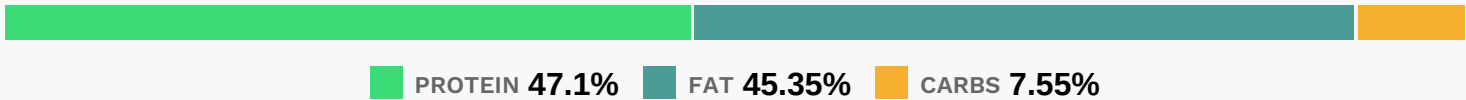
Equipment

☐ frying pan

Directions

- ☐ Saut onion and garlic in hot oil in a large nonstick skillet over medium-high heat 3 minutes or until tender.
- ☐ Add bell pepper, and cook 2 minutes; add mushrooms, and cook 3 minutes.
- ☐ Stir in roast, gravy, and, if desired, ginger; cook until heated.
- ☐ Serve with Chili-Cheese Grits Squares.

Nutrition Facts



Properties

Glycemic Index:39.5, Glycemic Load:1.48, Inflammation Score:-8, Nutrition Score:29.570434819097%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.8mg, Luteolin: 0.8mg, Luteolin: 0.8mg, Luteolin: 0.8mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 5.96mg, Quercetin: 5.96mg, Quercetin: 5.96mg, Quercetin: 5.96mg

Nutrients (% of daily need)

Calories: 391.83kcal (19.59%), Fat: 20.03g (30.82%), Saturated Fat: 8.37g (52.32%), Carbohydrates: 7.5g (2.5%), Net Carbohydrates: 5.89g (2.14%), Sugar: 3.38g (3.75%), Cholesterol: 128.35mg (42.78%), Sodium: 2798.18mg (121.66%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 46.81g (93.62%), Vitamin C: 112.1mg (135.88%), Vitamin B3: 15.14mg (75.68%), Calcium: 707.17mg (70.72%), Vitamin B12: 3.27µg (54.57%), Phosphorus: 535.14mg (53.51%), Zinc: 7.74mg (51.58%), Vitamin B6: 0.89mg (44.44%), Selenium: 25.58µg (36.55%), Vitamin B2: 0.6mg (35.15%), Iron: 4.16mg (23.11%), Potassium: 787.14mg (22.49%), Copper: 0.34mg (16.81%), Vitamin A: 821.99IU (16.44%), Vitamin B5: 1.59mg (15.9%), Magnesium: 55.65mg (13.91%), Folate: 45.22µg (11.3%), Vitamin B1: 0.16mg (10.86%), Manganese: 0.15mg (7.26%), Vitamin E: 1.03mg (6.87%), Fiber: 1.62g (6.46%), Vitamin K: 4.78µg (4.55%), Vitamin D: 0.29µg (1.96%)