



Beef & Mushroom Dijon



Gluten Free



Dairy Free

READY IN



35 min.

SERVINGS



4

CALORIES



683 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.8 pound beef top sirloin steaks boneless cut into strips
- ☐ 10.8 ounces cream of mushroom soup fat free 98% healthy request® canned (Regular, or)
- ☐ 6 ounces mushrooms sliced
- ☐ 2 tablespoons dijon mustard dijon-style
- ☐ 0.5 cup onion chopped
- ☐ 3 cups rice long-grain white prepared
- ☐ 0.5 cup water

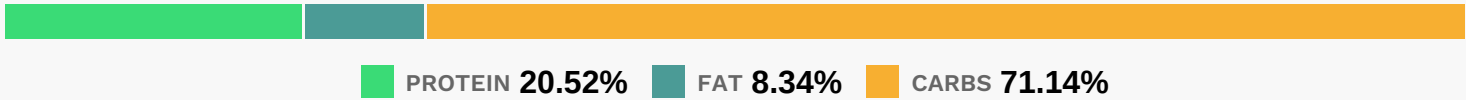
Equipment

☐ frying pan

Directions

- ☐ Spray a 10-inch skillet with the cooking spray and heat over medium heat for 1 minute.
- ☐ Add the mushrooms and onion and cook until they're tender.
- ☐ Remove the vegetables from the skillet.
- ☐ Remove the skillet from the heat.
- ☐ Spray the skillet with the cooking spray and heat over medium-high heat for 1 minute.
- ☐ Add the beef and cook until it's well browned, stirring often.
- ☐ Pour off any fat.
- ☐ Stir the soup, water, mustard and vegetables in the skillet and cook until the mixture is hot and bubbling. Toss the rice with the parsley, if desired.
- ☐ Serve the beef mixture with the rice.

Nutrition Facts



Properties

Glycemic Index:38.05, Glycemic Load:67.51, Inflammation Score:-4, Nutrition Score:24.05043496969%

Flavonoids

Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 4.06mg, Quercetin: 4.06mg, Quercetin: 4.06mg, Quercetin: 4.06mg

Nutrients (% of daily need)

Calories: 682.85kcal (34.14%), Fat: 6.17g (9.5%), Saturated Fat: 2.32g (14.53%), Carbohydrates: 118.54g (39.51%), Net Carbohydrates: 115.5g (42%), Sugar: 1.96g (2.18%), Cholesterol: 53.99mg (18%), Sodium: 681.65mg (29.64%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 34.19g (68.38%), Manganese: 1.82mg (91.23%), Selenium: 53.75µg (76.79%), Vitamin B3: 10.01mg (50.04%), Vitamin B6: 0.87mg (43.28%), Phosphorus: 411.58mg (41.16%), Zinc: 6.06mg (40.39%), Copper: 0.68mg (33.82%), Vitamin B5: 2.79mg (27.92%), Vitamin B2: 0.4mg (23.36%), Potassium: 734.86mg (21%), Iron: 3.39mg (18.81%), Magnesium: 69.3mg (17.33%), Vitamin B12: 0.94µg (15.64%), Vitamin B1: 0.23mg (15.6%), Fiber: 3.04g (12.18%), Folate: 39.04µg (9.76%), Calcium: 72.1mg (7.21%), Vitamin C: 2.4mg (2.91%), Vitamin E: 0.43mg (2.84%), Vitamin K: 1.27µg (1.21%)