



 **95%**  
HEALTH SCORE

## Beef Sirloin Steak with Baby Spinach

 **Gluten Free**  **Dairy Free**  **Very Healthy**

READY IN



**40 min.**

SERVINGS



**4**

CALORIES



**410 kcal**

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 7 ounce baby spinach fresh
- 2 tablespoons balsamic vinegar
- 1 pound beef sirloin steak boneless cut into 4 pieces
- 10.8 ounce campbell's® condensed cream of mushroom soup fat free 98% canned (Regular or )
- 1 tablespoon rosemary leaves fresh chopped
- 3 cloves garlic minced
- 2 tablespoons olive oil
- 1 large onion sliced

- 4 servings potatoes hot mashed
- 1 small bell pepper red chopped
- 0.5 cup water

## Equipment

- frying pan

## Directions

- Heat 1 tablespoon oil in a 12-inch skillet over medium-high heat.
- Add the beef and cook until well browned on both sides.
- Remove the beef from the skillet.
- Pour off any fat.
- Heat the remaining oil in the skillet.
- Add the onion and pepper and cook for 1 minute, stirring occasionally.
- Add the garlic and cook until the vegetables are tender-crisp, stirring often.
- Stir the soup, water, vinegar and rosemary in the skillet and heat to a boil. Return the beef to the skillet. Reduce the heat to medium. Stir in the spinach. Cover and cook the beef for 2 minutes for medium or until desired doneness.
- Serve the beef and vegetable mixture with the potatoes.

## Nutrition Facts

 **PROTEIN 33.1%**  **FAT 29.14%**  **CARBS 37.76%**

## Properties

Glycemic Index:63.69, Glycemic Load:21.31, Inflammation Score:-10, Nutrition Score:38.405652046204%

## Flavonoids

Naringenin: 0.12mg, Naringenin: 0.12mg, Naringenin: 0.12mg, Naringenin: 0.12mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.51mg, Luteolin: 0.51mg, Luteolin: 0.51mg, Luteolin: 0.51mg Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg Kaempferol: 4.62mg, Kaempferol: 4.62mg, Kaempferol: 4.62mg, Kaempferol: 4.62mg Myricetin: 0.22mg, Myricetin: 0.22mg, Myricetin: 0.22mg, Myricetin: 0.22mg Quercetin: 10.71mg, Quercetin: 10.71mg, Quercetin: 10.71mg, Quercetin: 10.71mg

## Nutrients (% of daily need)

Calories: 410.14kcal (20.51%), Fat: 13.3g (20.47%), Saturated Fat: 3.48g (21.72%), Carbohydrates: 38.8g (12.93%), Net Carbohydrates: 33.11g (12.04%), Sugar: 4.96g (5.52%), Cholesterol: 70.71mg (23.57%), Sodium: 658.09mg (28.61%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 34g (68%), Vitamin K: 249.03µg (237.17%), Vitamin A: 5249.89IU (105%), Vitamin C: 70.76mg (85.77%), Vitamin B6: 1.41mg (70.51%), Selenium: 36.4µg (52%), Manganese: 1.04mg (51.88%), Vitamin B3: 10.21mg (51.03%), Potassium: 1524.34mg (43.55%), Zinc: 6.22mg (41.48%), Phosphorus: 392.15mg (39.22%), Folate: 156.57µg (39.14%), Iron: 5.2mg (28.89%), Magnesium: 113.35mg (28.34%), Copper: 0.5mg (24.95%), Fiber: 5.69g (22.75%), Vitamin B2: 0.35mg (20.74%), Vitamin B12: 1.19µg (19.8%), Vitamin B1: 0.29mg (19.39%), Vitamin E: 2.65mg (17.66%), Vitamin B5: 1.48mg (14.85%), Calcium: 113.81mg (11.38%)