



Braised Beef and Mushroom Skillet

 **Gluten Free**  **Dairy Free**

READY IN



35 min.

SERVINGS



4

CALORIES



579 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 tablespoons parsley fresh chopped
- 24 ounce sauce italian prego®
- 16 ounces mushrooms sliced
- 1 cup rice long-grain white prepared
- 16 ounce top round
- 1 tablespoon vegetable oil
- 1 teaspoon worcestershire sauce

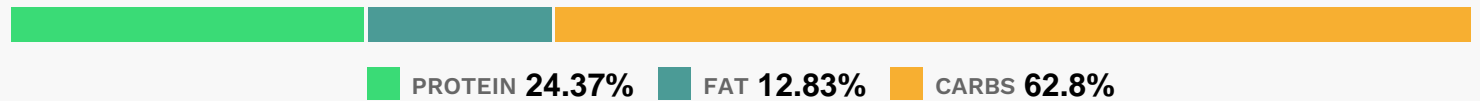
Equipment

frying pan

Directions

- Heat the 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.
- Add the mushrooms to the skillet and cook until tender, stirring occasionally. Stir in the Italian sauce and Worcestershire and heat to a boil. Return the beef to the skillet. Reduce the heat to low. Cook until the beef is fork tender.
- Serve the beef and sauce over the rice.
- Sprinkle with the parsley.

Nutrition Facts



Properties

Glycemic Index:31.3, Glycemic Load:23.1, Inflammation Score:-4, Nutrition Score:24.854347975358%

Flavonoids

Apigenin: 4.31mg, Apigenin: 4.31mg, Apigenin: 4.31mg, Apigenin: 4.31mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.3mg, Myricetin: 0.3mg, Myricetin: 0.3mg, Myricetin: 0.3mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 579.49kcal (28.97%), Fat: 8.1g (12.46%), Saturated Fat: 1.97g (12.31%), Carbohydrates: 89.23g (29.74%), Net Carbohydrates: 87.42g (31.79%), Sugar: 41.76g (46.4%), Cholesterol: 69.17mg (23.06%), Sodium: 2142.34mg (93.15%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 34.62g (69.24%), Selenium: 53.71µg (76.73%), Vitamin B3: 12.67mg (63.36%), Vitamin B6: 0.97mg (48.28%), Zinc: 6.3mg (42%), Phosphorus: 406.78mg (40.68%), Vitamin K: 40.47µg (38.55%), Vitamin B2: 0.65mg (38.18%), Copper: 0.59mg (29.48%), Vitamin B5: 2.94mg (29.45%), Manganese: 0.58mg (28.78%), Vitamin B12: 1.58µg (26.27%), Potassium: 859.85mg (24.57%), Iron: 3.38mg (18.75%), Vitamin B1: 0.23mg (15.65%), Magnesium: 51.31mg (12.83%), Folate: 42.01µg (10.5%), Fiber: 1.8g (7.2%), Vitamin C: 5.24mg (6.35%), Vitamin E: 0.69mg (4.57%), Calcium: 45.66mg (4.57%), Vitamin A: 169.66IU (3.39%), Vitamin D: 0.23µg (1.51%)