

Bum's Lunch

 Gluten Free  Dairy Free

READY IN



60 min.

SERVINGS



4

CALORIES



451 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 4 teaspoons butter
- 1 large onion thinly sliced
- 4 medium potatoes thinly sliced
- 4 servings salt and pepper to taste
- 16 ounce fat-trimmed beef flank steak

Equipment

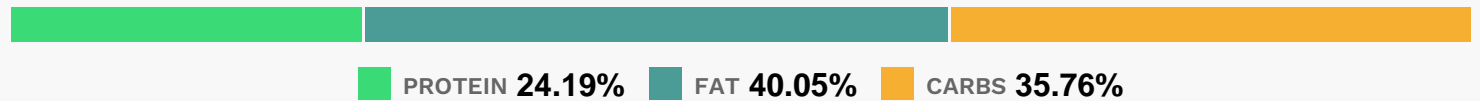
- baking sheet
- oven

aluminum foil

Directions

- Preheat the oven to 350 degrees F (175 degrees C).
- Lay out 4 squares of aluminum foil.
- Place one cube steak onto each piece of foil.
- Spread margarine over the steaks, and season with salt and pepper.
- Layer one sliced potato over each steak, and a few rings of onion. Season again with salt and pepper if you like. Fold the foil around the food, and seal into a packet.
- Place packets onto a baking sheet.
- Bake for 45 minutes in the preheated oven, until the beef is no longer pink, and the potatoes are tender. Open carefully, as hot steam will be released.

Nutrition Facts



Properties

Glycemic Index:27.69, Glycemic Load:28.01, Inflammation Score:-6, Nutrition Score:21.785652336867%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg Kaempferol: 1.95mg, Kaempferol: 1.95mg, Kaempferol: 1.95mg, Kaempferol: 1.95mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 9.1mg, Quercetin: 9.1mg, Quercetin: 9.1mg, Quercetin: 9.1mg

Nutrients (% of daily need)

Calories: 450.83kcal (22.54%), Fat: 20.29g (31.21%), Saturated Fat: 8.04g (50.24%), Carbohydrates: 40.76g (13.59%), Net Carbohydrates: 35.44g (12.89%), Sugar: 3.25g (3.61%), Cholesterol: 69.17mg (23.06%), Sodium: 314.19mg (13.66%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 27.58g (55.15%), Vitamin B6: 1.13mg (56.31%), Vitamin C: 44.75mg (54.24%), Zinc: 6.5mg (43.33%), Selenium: 28.5µg (40.71%), Vitamin B3: 7.84mg (39.21%), Potassium: 1257.53mg (35.93%), Vitamin B12: 1.89µg (31.46%), Phosphorus: 296.73mg (29.67%), Fiber: 5.32g (21.29%), Vitamin B2: 0.35mg (20.66%), Iron: 3.69mg (20.51%), Vitamin B1: 0.29mg (19.2%), Magnesium: 76.71mg (19.18%), Manganese: 0.37mg (18.74%), Copper: 0.33mg (16.66%), Folate: 44.66µg (11.16%), Vitamin B5: 0.68mg (6.81%), Vitamin K: 5.9µg (5.62%), Calcium: 43.74mg (4.37%), Vitamin A: 200.87IU (4.02%), Vitamin E: 0.18mg (1.23%)