



Creamy Sliced Steak and Potatoes

 Gluten Free

READY IN



35 min.

SERVINGS



2

CALORIES



558 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 14 ounces beef top sirloin thinly sliced
- 10.8 ounce cream of mushroom soup canned
- 0.3 cup milk
- 15 ounce new potatoes whole drained canned
- 0.5 slice onion diced
- 2 servings salt and pepper to taste
- 1.5 teaspoons vegetable oil

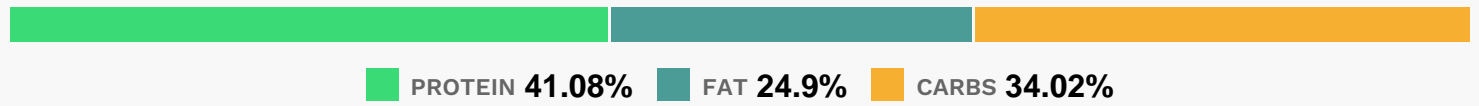
Equipment

frying pan

Directions

- Heat the vegetable oil in a skillet over medium heat. Stir in the onions, and cook until they begin to soften, about 3 minutes. Increase the heat to medium-high, and add the sliced sirloin. Cook and stir until the meat is no longer pink, and beginning to brown around the edges, about 7 minutes.
- Add the potatoes, cream of mushroom soup, and milk. Bring to a simmer, then reduce the heat to medium-low, and simmer 10 minutes. Season to taste with salt and pepper before serving.

Nutrition Facts



Properties

Glycemic Index:74.38, Glycemic Load:27.8, Inflammation Score:-6, Nutrition Score:35.704348009566%

Flavonoids

Isorhamnetin: 0.18mg, Isorhamnetin: 0.18mg, Isorhamnetin: 0.18mg, Isorhamnetin: 0.18mg Kaempferol: 1.72mg, Kaempferol: 1.72mg, Kaempferol: 1.72mg, Kaempferol: 1.72mg Quercetin: 2.2mg, Quercetin: 2.2mg, Quercetin: 2.2mg, Quercetin: 2.2mg

Nutrients (% of daily need)

Calories: 558.23kcal (27.91%), Fat: 15.23g (23.43%), Saturated Fat: 5.56g (34.76%), Carbohydrates: 46.82g (15.61%), Net Carbohydrates: 41.78g (15.19%), Sugar: 3.27g (3.64%), Cholesterol: 128.36mg (42.79%), Sodium: 1409.77mg (61.29%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 56.54g (113.07%), Vitamin B6: 1.96mg (97.86%), Selenium: 62.36µg (89.08%), Vitamin B3: 16.49mg (82.43%), Zinc: 10.36mg (69.08%), Phosphorus: 615.93mg (61.59%), Potassium: 1846.49mg (52.76%), Vitamin C: 42.15mg (51.09%), Manganese: 0.81mg (40.53%), Vitamin B12: 2.27µg (37.9%), Copper: 0.69mg (34.45%), Iron: 5.93mg (32.94%), Magnesium: 109.23mg (27.31%), Vitamin B2: 0.44mg (25.92%), Vitamin B1: 0.37mg (24.54%), Vitamin B5: 2.33mg (23.35%), Fiber: 5.04g (20.17%), Folate: 71.15µg (17.79%), Vitamin K: 12.53µg (11.94%), Calcium: 113.71mg (11.37%), Vitamin E: 0.87mg (5.79%), Vitamin D: 0.34µg (2.24%), Vitamin A: 53.73IU (1.07%)