



 **28%**
HEALTH SCORE

Cube Steak Stew

READY IN



40 min.

SERVINGS



4

CALORIES



502 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 cube beef bouillon from cube dissolved in 1 cup water
- 1.5 pounds beef steaks
- 1 teaspoon browning sauce
- 0.5 tablespoon butter
- 8 ounce peas and carrots canned
- 3 tablespoons flour all-purpose
- 1 clove garlic minced
- 1 teaspoon pepper black
- 0.5 teaspoon seasoning italian

- 1 tablespoon olive oil
- 1 onion chopped
- 15 ounce potatoes drained sliced canned
- 1 teaspoon salt

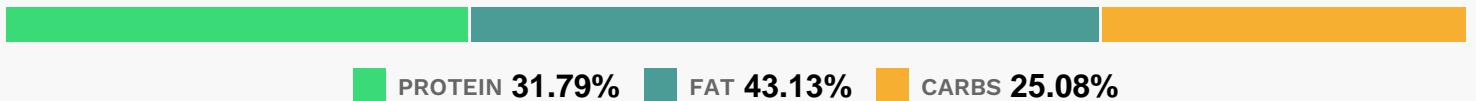
Equipment

- frying pan

Directions

- Cut cube steaks into pieces about 1/2 inch in size.
- Sprinkle flour over a plate, and dredge meat in flour.
- In a large skillet, heat oil and butter over medium high heat.
- Add steak pieces, onion, and garlic to oil in pan; saute till lightly browned.
- Add more butter if needed.
- Stir in beef bouillon, potatoes, peas and carrots, browning sauce, Italian seasoning, salt, and black pepper. Cover, turn heat down to simmer, and cook for 25 minutes. It will thicken as it cooks.
- Add more water if it gets too thick.

Nutrition Facts



Properties

Glycemic Index:75.69, Glycemic Load:17.4, Inflammation Score:-10, Nutrition Score:28.630434865537%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 1.03mg, Kaempferol: 1.03mg, Kaempferol: 1.03mg, Kaempferol: 1.03mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 6.34mg, Quercetin: 6.34mg, Quercetin: 6.34mg, Quercetin: 6.34mg

Nutrients (% of daily need)

Calories: 502.05kcal (25.1%), Fat: 23.88g (36.73%), Saturated Fat: 8.79g (54.94%), Carbohydrates: 31.23g (10.41%), Net Carbohydrates: 26.89g (9.78%), Sugar: 2.28g (2.54%), Cholesterol: 126.23mg (42.08%), Sodium: 856.27mg (37.23%), Alcohol: 0g (100%), Protein: 39.59g (79.17%), Vitamin B6: 1.46mg (72.93%), Vitamin A: 3325IU (66.5%), Selenium: 45.06µg (64.37%), Vitamin B3: 12.17mg (60.86%), Zinc: 7.3mg (48.64%), Phosphorus: 445.48mg (44.55%), Vitamin B12: 2.1µg (34.93%), Vitamin C: 26.96mg (32.68%), Potassium: 1134.18mg (32.41%), Manganese: 0.55mg (27.57%), Iron: 4.53mg (25.14%), Vitamin B1: 0.33mg (21.95%), Magnesium: 75.59mg (18.9%), Copper: 0.35mg (17.72%), Fiber: 4.34g (17.36%), Vitamin B2: 0.29mg (17.07%), Folate: 62.22µg (15.55%), Vitamin B5: 1.45mg (14.54%), Vitamin K: 9.14µg (8.71%), Vitamin E: 1.21mg (8.07%), Calcium: 80.53mg (8.05%)