



Dijon Steak and Potato Stew



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



4

CALORIES



359 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 24 oz gravy home-style
- ☐ 1 lb sirloin beef tips boneless cut into 1/2-inch pieces
- ☐ 1 cup carrots sliced
- ☐ 2 tablespoons dijon mustard
- ☐ 1.5 cups green beans frozen
- ☐ 4 small potatoes - remove skin red unpeeled cut into 1/2- to 3/4-inch cubes (2 cups)
- ☐ 0.5 teaspoon lawry's seasoned salt
- ☐ 0.3 teaspoon thyme leaves dried

☐ 1 cup water

Equipment

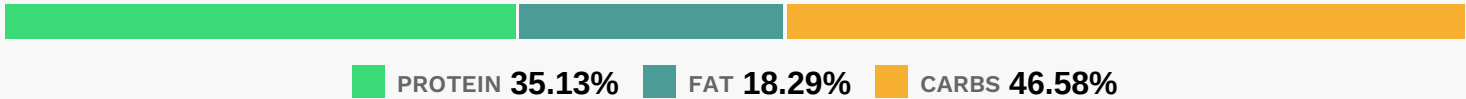
☐ frying pan

☐ dutch oven

Directions

- ☐ Sprinkle beef with peppered seasoned salt. In 4-quart Dutch oven or 12-inch nonstick skillet, cook beef over medium-high heat about 4 minutes, stirring frequently, until brown.
- ☐ Stir in gravy, water, mustard and thyme until well blended. Stir in potatoes, green beans and carrots.
- ☐ Heat to boiling; reduce heat to medium-low. Cover and cook 20 to 22 minutes, stirring occasionally, until potatoes and beans are tender.

Nutrition Facts



Properties

Glycemic Index:42.46, Glycemic Load:1.86, Inflammation Score:-10, Nutrition Score:27.329130462978%

Flavonoids

Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 2.3mg, Quercetin: 2.3mg, Quercetin: 2.3mg, Quercetin: 2.3mg

Nutrients (% of daily need)

Calories: 359.4kcal (17.97%), Fat: 7.33g (11.28%), Saturated Fat: 2.85g (17.82%), Carbohydrates: 42.04g (14.01%), Net Carbohydrates: 36.8g (13.38%), Sugar: 8.04g (8.93%), Cholesterol: 75.98mg (25.33%), Sodium: 1276.12mg (55.48%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 31.71g (63.42%), Vitamin A: 5653.71IU (113.07%), Vitamin B6: 1.11mg (55.45%), Selenium: 36.34µg (51.91%), Vitamin B3: 9.83mg (49.13%), Potassium: 1357.16mg (38.78%), Phosphorus: 369.01mg (36.9%), Zinc: 5.48mg (36.51%), Vitamin K: 28.25µg (26.91%), Vitamin C: 21.77mg (26.39%), Vitamin B12: 1.42µg (23.62%), Iron: 3.92mg (21.8%), Manganese: 0.42mg (21.17%), Fiber: 5.24g (20.96%), Magnesium: 82.03mg (20.51%), Vitamin B1: 0.31mg (20.44%), Copper: 0.4mg (19.83%), Folate: 64.48µg (16.12%), Vitamin B2: 0.27mg (16.11%), Vitamin B5: 1.39mg (13.9%), Calcium: 72.69mg (7.27%), Vitamin E: 0.73mg (4.86%)