



 **53%**
HEALTH SCORE

Easy Instant Pot Beef Tips and Rice

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

READY IN



30 min.

SERVINGS



4

CALORIES



371 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 pounds sirloin beef tips
- 1 large can cream of mushroom soup (or 2 small cans)
- 1 tbsp garlic powder
- 0.3 cup sauce black
- 1 tsp olive oil
- 0.5 medium onion finely chopped
- 0.5 cup water

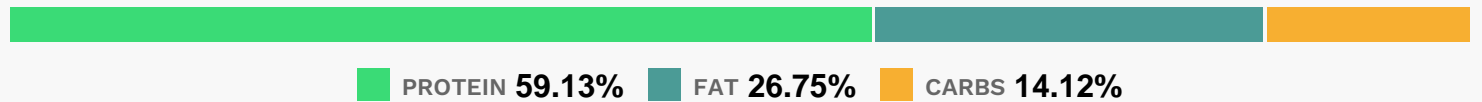
Equipment

instant pot

Directions

- Set Instant Pot to the saute setting. Once warm, add olive oil, beef tips, and onion. Stir and saut for 5 minutes or until meat starts to brown.
- Add water, Dales, and cream of mushroom soup, and garlic powder. Stir to mix well, and then cover with lid.
- Cook on Manual Setting on High Pressure for 25 minutes. It will take a few minutes to come to pressure.
- Once done, allow to naturally release for 20 minutes.
- Serve over rice (or sub noodles or mashed potatoes) and serve with french bread to sop up the gravy.

Nutrition Facts



Properties

Glycemic Index:8, Glycemic Load:0.36, Inflammation Score:-4, Nutrition Score:25.863043478261%

Flavonoids

Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Quercetin: 2.79mg, Quercetin: 2.79mg, Quercetin: 2.79mg, Quercetin: 2.79mg

Nutrients (% of daily need)

Calories: 370.73kcal (18.54%), Fat: 10.6g (16.31%), Saturated Fat: 3.68g (23.02%), Carbohydrates: 12.59g (4.2%), Net Carbohydrates: 11.99g (4.36%), Sugar: 5.2g (5.77%), Cholesterol: 128.55mg (42.85%), Sodium: 912.25mg (39.66%), Protein: 52.73g (105.45%), Selenium: 65.97µg (94.24%), Vitamin B3: 15.14mg (75.72%), Vitamin B6: 1.51mg (75.57%), Zinc: 10.3mg (68.7%), Phosphorus: 496.54mg (49.65%), Vitamin B12: 2.96µg (49.28%), Iron: 4.74mg (26.35%), Potassium: 909.39mg (25.98%), Vitamin B2: 0.36mg (21.25%), Copper: 0.4mg (19.78%), Vitamin B5: 1.6mg (16.04%), Vitamin B1: 0.23mg (15.45%), Magnesium: 61.04mg (15.26%), Manganese: 0.3mg (14.99%), Folate: 36.31µg (9.08%), Calcium: 54.39mg (5.44%), Vitamin E: 0.79mg (5.29%), Vitamin K: 3.24µg (3.08%), Fiber: 0.6g (2.42%), Vitamin C: 1.05mg (1.27%)