



Eye of Round Steak and Ketchup

 Dairy Free

READY IN



75 min.

SERVINGS



6

CALORIES



329 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 cup flour all-purpose
- 14 ounce catsup
- 1 onion chopped
- 1.5 pound round steak cut into serving-size pieces
- 1.5 teaspoons salt
- 1 tablespoon vegetable oil or as needed
- 2 cups warm water

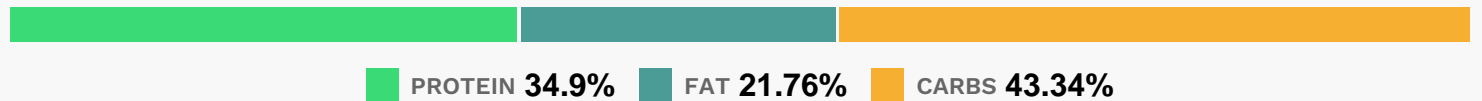
Equipment

- bowl
- frying pan

Directions

- Combine the flour and salt in a bowl. Gently press the steak into the flour mixture to coat and shake off the excess flour.
- Heat the vegetable oil in a large skillet over medium-high heat. Cook the beef until brown on all sides, 5 to 7 minutes.
- Remove beef from skillet and drain excess oil. Stir the ketchup, onion, and water into the skillet, then add the meat. Reduce heat to medium-low. Cover and simmer until tender, about 1 hour.

Nutrition Facts



Properties

Glycemic Index:17, Glycemic Load:11.88, Inflammation Score:-5, Nutrition Score:18.716087040694%

Flavonoids

Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 4.29mg, Quercetin: 4.29mg, Quercetin: 4.29mg, Quercetin: 4.29mg

Nutrients (% of daily need)

Calories: 328.77kcal (16.44%), Fat: 7.98g (12.27%), Saturated Fat: 2.25g (14.07%), Carbohydrates: 35.74g (11.91%), Net Carbohydrates: 34.66g (12.6%), Sugar: 14.92g (16.58%), Cholesterol: 71.44mg (23.81%), Sodium: 1251.07mg (54.39%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 28.77g (57.54%), Selenium: 40.05µg (57.22%), Vitamin B3: 10.02mg (50.11%), Vitamin B6: 0.89mg (44.55%), Vitamin B12: 2.14µg (35.72%), Zinc: 5.16mg (34.42%), Phosphorus: 296.76mg (29.68%), Vitamin B2: 0.4mg (23.68%), Iron: 3.65mg (20.26%), Vitamin B1: 0.29mg (19.13%), Potassium: 634.22mg (18.12%), Folate: 62.3µg (15.58%), Manganese: 0.25mg (12.43%), Copper: 0.22mg (11.05%), Magnesium: 44.17mg (11.04%), Vitamin E: 1.51mg (10.05%), Vitamin B5: 0.91mg (9.1%), Vitamin K: 7.65µg (7.29%), Vitamin A: 339.71IU (6.79%), Vitamin C: 4.07mg (4.93%), Fiber: 1.07g (4.29%), Calcium: 42.67mg (4.27%)