



Festive Cajun Pepper Steak



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



292 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1.5 pounds sirloin beef tips
- ☐ 1 teaspoon cajun spice salt-free
- ☐ 14.5 ounce beef broth canned
- ☐ 14.5 ounce canned tomatoes diced undrained canned
- ☐ 2 tablespoons cornstarch
- ☐ 0.5 teaspoon basil dried
- ☐ 3 garlic cloves minced
- ☐ 1 medium size bell pepper green chopped

- ☐ 1 onion chopped
- ☐ 0.1 teaspoon pepper
- ☐ 22 ounce potatoes frozen mashed
- ☐ 0.3 teaspoon salt
- ☐ 1 tablespoon vegetable oil
- ☐ 2 tablespoons water cold
- ☐ 1 teaspoon citrus champagne vinegar
- ☐ 2 teaspoons worcestershire sauce

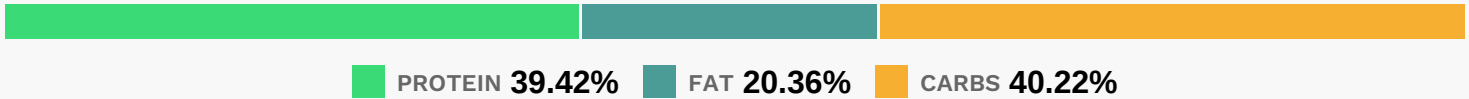
Equipment

- ☐ frying pan

Directions

- ☐ Sprinkle beef tips with Cajun seasoning.
- ☐ Cook beef in hot oil in large skillet over medium-high heat 10 minutes or until browned.
- ☐ Add bell pepper, onion, and garlic; saut 3 minutes.
- ☐ Stir in broth and next 6 ingredients. Bring to a boil; reduce heat, cover, and simmer 1 hour or until meat is tender.
- ☐ Cook frozen mashed potatoes according to package directions.
- ☐ Stir together cornstarch and water until smooth; stir into meat mixture. Bring to a boil; cook, stirring constantly, 2 minutes or until thickened.
- ☐ Serve over mashed potatoes.

Nutrition Facts



Properties

Glycemic Index:39.29, Glycemic Load:15.29, Inflammation Score:-7, Nutrition Score:23.233913089918%

Flavonoids

Luteolin: 0.94mg, Luteolin: 0.94mg, Luteolin: 0.94mg, Luteolin: 0.94mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.97mg, Kaempferol: 0.97mg, Kaempferol: 0.97mg, Kaempferol: 0.97mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 4.91mg, Quercetin: 4.91mg, Quercetin: 4.91mg, Quercetin: 4.91mg

Nutrients (% of daily need)

Calories: 291.77kcal (14.59%), Fat: 6.61g (10.17%), Saturated Fat: 1.81g (11.29%), Carbohydrates: 29.38g (9.79%), Net Carbohydrates: 24.93g (9.06%), Sugar: 5.33g (5.92%), Cholesterol: 62.37mg (20.79%), Sodium: 542.64mg (23.59%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 28.79g (57.59%), Vitamin B6: 1.22mg (61.09%), Vitamin C: 44.82mg (54.33%), Vitamin B3: 9.86mg (49.29%), Selenium: 34.28µg (48.97%), Zinc: 5.27mg (35.14%), Phosphorus: 334.81mg (33.48%), Potassium: 1151.77mg (32.91%), Vitamin B12: 1.47µg (24.42%), Iron: 4.24mg (23.56%), Manganese: 0.4mg (19.99%), Copper: 0.38mg (19.17%), Fiber: 4.45g (17.8%), Magnesium: 70.94mg (17.73%), Vitamin B1: 0.26mg (17.4%), Vitamin B2: 0.26mg (15.14%), Vitamin K: 14.37µg (13.69%), Vitamin B5: 1.28mg (12.85%), Folate: 46.62µg (11.65%), Vitamin E: 1.54mg (10.3%), Vitamin A: 389.87IU (7.8%), Calcium: 76.74mg (7.67%)