



## Gluten-Free Italian Beef with Mashed Potatoes

 Gluten Free

READY IN



35 min.

SERVINGS



4

CALORIES



304 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- ☐ 2 teaspoons vegetable oil
- ☐ 1 lb sirloin beef tips boneless trimmed of fat cut into thin bite-size strips
- ☐ 6 oz canned tomatoes italian-style canned
- ☐ 1 cup beef broth (from 32-oz carton)
- ☐ 0.5 teaspoon pepper red crushed
- ☐ 1 lb bell pepper frozen thawed drained
- ☐ 1.3 cups water
- ☐ 2 tablespoons butter

- ☐ 0.5 teaspoon salt
- ☐ 0.3 cup skim milk fat-free (skim)
- ☐ 1 cup potatoes mashed

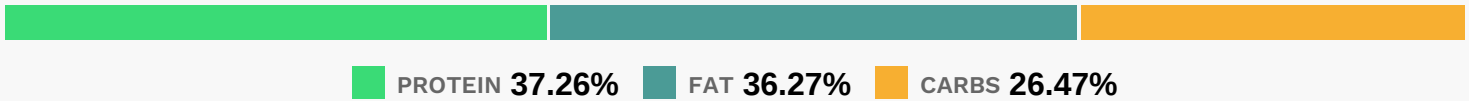
## Equipment

- ☐ bowl
- ☐ frying pan

## Directions

- ☐ In 12-inch skillet, heat oil over medium-high heat.
- ☐ Add beef; cook and stir about 5 minutes or until browned.
- ☐ In medium bowl, mix tomato paste, 1 cup water, the beef broth and red pepper flakes.
- ☐ Add tomato mixture and stir-fry vegetables to skillet. Cook about 3 minutes, stirring occasionally, until mixture boils. Cook 3 to 5 minutes longer or until vegetables are tender.
- ☐ Meanwhile, make mashed potatoes as directed on package, using remaining ingredients.
- ☐ Serve beef mixture over mashed potatoes.

## Nutrition Facts



## Properties

Glycemic Index:46.75, Glycemic Load:9.34, Inflammation Score:-10, Nutrition Score:29.021739337755%

## Flavonoids

Luteolin: 0.69mg, Luteolin: 0.69mg, Luteolin: 0.69mg, Luteolin: 0.69mg Kaempferol: 0.44mg, Kaempferol: 0.44mg, Kaempferol: 0.44mg, Kaempferol: 0.44mg Quercetin: 0.63mg, Quercetin: 0.63mg, Quercetin: 0.63mg, Quercetin: 0.63mg

## Nutrients (% of daily need)

Calories: 303.93kcal (15.2%), Fat: 12.37g (19.04%), Saturated Fat: 2.99g (18.7%), Carbohydrates: 20.32g (6.77%), Net Carbohydrates: 15.89g (5.78%), Sugar: 8.09g (8.99%), Cholesterol: 62.98mg (20.99%), Sodium: 725.9mg (31.56%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 28.61g (57.21%), Vitamin C: 159.42mg (193.24%), Vitamin A: 4009.14IU (80.18%), Vitamin B6: 1.28mg (64.22%), Vitamin B3: 9.92mg (49.58%), Selenium: 34.06µg (48.66%), Zinc:

5.35mg (35.63%), Phosphorus: 335.22mg (33.52%), Potassium: 1041.41mg (29.75%), Vitamin B12: 1.58µg (26.41%), Vitamin E: 3.13mg (20.87%), Folate: 81.45µg (20.36%), Iron: 3.62mg (20.09%), Vitamin B2: 0.33mg (19.64%), Fiber: 4.43g (17.73%), Vitamin B1: 0.25mg (16.59%), Magnesium: 65.3mg (16.32%), Manganese: 0.31mg (15.58%), Vitamin B5: 1.44mg (14.38%), Copper: 0.28mg (13.98%), Vitamin K: 14.46µg (13.77%), Calcium: 87.4mg (8.74%), Vitamin D: 0.22µg (1.5%)