



## Greek Steffotto

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

READY IN



**200 min.**

SERVINGS



**6**

CALORIES



**319 kcal**

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- 2 pounds beef chuck lean trimmed cut into 1 inch cubes
- 0.5 cup brown sugar packed
- 2 cinnamon sticks
- 1 pound mushrooms fresh
- 0.3 teaspoon ground cloves
- 6 servings ground pepper black to taste
- 0.5 cup onions chopped
- 6 servings salt to taste

- 6 ounce tomato paste canned
- 1 cup red-wine vinegar

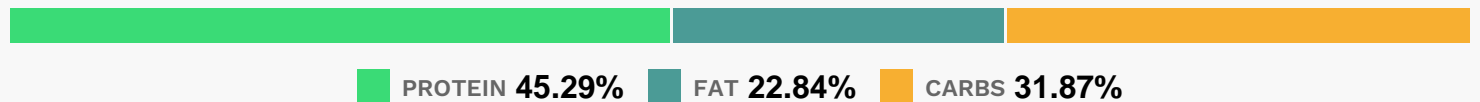
## Equipment

- frying pan
- oven

## Directions

- Brown the chuck in a large pan.
- Add mushrooms and onions to meat, and cook until soft.
- Transfer to an oven proof pan.
- Mix together tomato paste, wine vinegar, and brown sugar.
- Pour this mixture over the meat and vegetables.
- Add cinnamon sticks, sprinkle of whole cloves, and salt and pepper to taste. Dilute with water to cover all.
- Bake at 325 degrees F (165 degrees C) for at least 2 to 2 1/2 hours.

## Nutrition Facts



## Properties

Glycemic Index:22.33, Glycemic Load:1.43, Inflammation Score:-3, Nutrition Score:21.984347934308%

## Flavonoids

Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Quercetin: 2.71mg, Quercetin: 2.71mg, Quercetin: 2.71mg, Quercetin: 2.71mg

## Nutrients (% of daily need)

Calories: 318.77kcal (15.94%), Fat: 7.94g (12.21%), Saturated Fat: 3.47g (21.66%), Carbohydrates: 24.93g (8.31%), Net Carbohydrates: 22.73g (8.27%), Sugar: 21.12g (23.47%), Cholesterol: 93.74mg (31.25%), Sodium: 344mg (14.96%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 35.42g (70.84%), Vitamin B3: 11.44mg (57.18%), Vitamin B12: 3.42µg (56.95%), Zinc: 8.23mg (54.87%), Selenium: 33.84µg (48.35%), Phosphorus: 382.24mg (38.22%), Vitamin

B6: 0.74mg (36.99%), Vitamin B2: 0.57mg (33.32%), Iron: 4.8mg (26.67%), Potassium: 913.24mg (26.09%), Vitamin B5: 2.23mg (22.28%), Copper: 0.43mg (21.61%), Manganese: 0.42mg (20.85%), Magnesium: 51.41mg (12.85%), Vitamin B1: 0.15mg (10.07%), Fiber: 2.19g (8.78%), Folate: 26.92µg (6.73%), Vitamin C: 5.43mg (6.58%), Calcium: 58.97mg (5.9%), Vitamin E: 0.82mg (5.49%), Vitamin K: 2.66µg (2.53%), Vitamin D: 0.3µg (2.02%), Vitamin A: 65.34IU (1.31%)