

Iowa Pork Steak

 Dairy Free

READY IN



120 min.

SERVINGS



4

CALORIES



223 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 9 ounce mushrooms drained sliced canned
- ☐ 21.5 ounce cream of mushroom soup canned
- ☐ 1 ounce onion soup mix dry
- ☐ 4 servings garlic powder
- ☐ 4 servings salt and ground pepper black to taste
- ☐ 1 large onion chopped
- ☐ 4 servings onion powder
- ☐ 4 pork steaks

- ☐ 2 tablespoons vegetable oil
- ☐ 10.8 ounce water canned
- ☐ 1 tablespoon worcestershire sauce

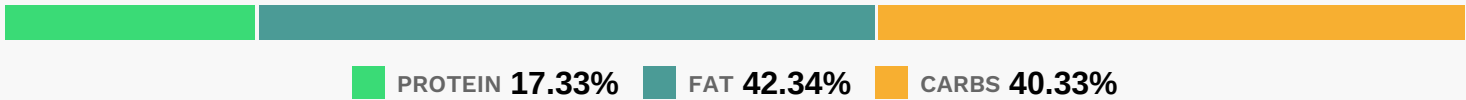
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ casserole dish
- ☐ aluminum foil

Directions

- ☐ Preheat oven to 350 degrees F (175 degrees C).
- ☐ Heat oil in a large heavy skillet over medium-high heat. Brown steaks for 3 to 5 minutes on each side. While browning, season both sides with onion powder, garlic powder, salt and pepper.
- ☐ Transfer steaks to a 9x13 inch casserole dish, and sprinkle with chopped onion and sliced mushrooms.
- ☐ In a small bowl, combine condensed mushroom soup, water, onion soup mix and Worcestershire sauce.
- ☐ Mix until smooth, and pour over steaks. Cover pan with aluminum foil.
- ☐ Bake in preheated oven for 90 minutes.

Nutrition Facts



Properties

Glycemic Index:16, Glycemic Load:0.88, Inflammation Score:-4, Nutrition Score:10.2152173409%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 7.61mg, Quercetin: 7.61mg, Quercetin: 7.61mg, Quercetin: 7.61mg

Nutrients (% of daily need)

Calories: 222.96kcal (11.15%), Fat: 10.8g (16.61%), Saturated Fat: 2.94g (18.39%), Carbohydrates: 23.14g (7.71%), Net Carbohydrates: 19.75g (7.18%), Sugar: 3.98g (4.42%), Cholesterol: 8.22mg (2.74%), Sodium: 1984.4mg (86.28%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 9.94g (19.89%), Manganese: 0.66mg (33.14%), Copper: 0.54mg (26.96%), Zinc: 2.46mg (16.39%), Fiber: 3.39g (13.55%), Potassium: 464.49mg (13.27%), Phosphorus: 132.49mg (13.25%), Vitamin B3: 2.64mg (13.19%), Vitamin B6: 0.25mg (12.42%), Vitamin K: 13.01µg (12.39%), Iron: 2.19mg (12.19%), Vitamin B1: 0.15mg (9.87%), Vitamin B5: 0.96mg (9.6%), Vitamin B2: 0.15mg (8.76%), Magnesium: 33.38mg (8.35%), Folate: 27.85µg (6.96%), Selenium: 4.33µg (6.18%), Vitamin C: 3.84mg (4.65%), Calcium: 45.5mg (4.55%), Vitamin B12: 0.25µg (4.22%), Vitamin E: 0.61mg (4.06%)