



WHATSheATE



Meat and Potato Skillet



Gluten Free



Dairy Free

READY IN



30 min.

SERVINGS



4

CALORIES



293 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 pound sirloin beef tips boneless
- ☐ 1 tablespoon vegetable oil
- ☐ 1 teaspoon garlic
- ☐ 1 pound potatoes frozen
- ☐ 12 ounces gravy

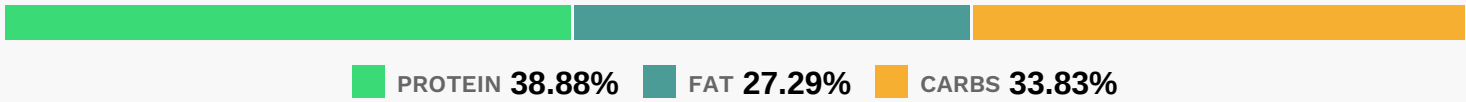
Equipment

- ☐ frying pan

Directions

- ☐ Cut beef into thin strips (beef is easier to cut if partially frozen, about 1 1/2 hours).
- ☐ Heat oil and garlic pepper in 10-inch nonstick skillet over medium-high heat. Cook beef in oil, stirring occasionally, until brown.
- ☐ Stir in vegetables and gravy; reduce heat to medium. Cover and simmer 7 to 9 minutes, stirring occasionally, until vegetables are tender.

Nutrition Facts



Properties

Glycemic Index:28.44, Glycemic Load:14.57, Inflammation Score:-4, Nutrition Score:17.454348058318%

Flavonoids

Kaempferol: 0.91mg, Kaempferol: 0.91mg, Kaempferol: 0.91mg, Kaempferol: 0.91mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.81mg, Quercetin: 0.81mg, Quercetin: 0.81mg, Quercetin: 0.81mg

Nutrients (% of daily need)

Calories: 292.56kcal (14.63%), Fat: 8.74g (13.45%), Saturated Fat: 2.57g (16.06%), Carbohydrates: 24.38g (8.13%), Net Carbohydrates: 21.87g (7.95%), Sugar: 2.33g (2.59%), Cholesterol: 69.17mg (23.06%), Sodium: 462.22mg (20.1%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 28.02g (56.04%), Vitamin B6: 1.06mg (52.8%), Selenium: 33.11µg (47.29%), Vitamin B3: 8.41mg (42.06%), Zinc: 5.02mg (33.47%), Phosphorus: 295.98mg (29.6%), Vitamin C: 22.57mg (27.36%), Potassium: 862.57mg (24.64%), Vitamin B12: 1.42µg (23.62%), Iron: 2.92mg (16.2%), Magnesium: 52.35mg (13.09%), Vitamin B1: 0.19mg (12.8%), Copper: 0.23mg (11.74%), Vitamin B2: 0.19mg (11.25%), Vitamin B5: 1.05mg (10.52%), Manganese: 0.2mg (10.04%), Fiber: 2.51g (10.04%), Vitamin K: 9.67µg (9.21%), Folate: 31.77µg (7.94%), Vitamin E: 0.6mg (3.97%), Calcium: 37.64mg (3.76%)