

Minced Collops

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

READY IN



45 min.

SERVINGS



5

CALORIES



226 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1.5 cups beef stock
- 0.5 teaspoon ground pepper black
- 1 pound ground beef lean
- 0.5 onion minced
- 1 teaspoon salt to taste
- 0.7 cup steel-cut oats
- 2 tablespoons worcestershire sauce

Equipment

frying pan

Directions

- Crumble the ground beef into a skillet over medium heat; add onion, salt, and pepper. Cook and stir the ground beef until no longer pink, 7 to 10 minutes.
- Stir oats into beef mixture to coat in beef drippings.
- Pour beef stock over beef mixture; bring to a boil, place cover on the skillet, and reduce heat to low. Cook at a simmer until the oats are cooked, about 30 minutes.
- Stir Worcestershire sauce through the beef mixture to serve.

Nutrition Facts



Properties

Glycemic Index:23.2, Glycemic Load:6.94, Inflammation Score:-2, Nutrition Score:11.107391347056%

Flavonoids

Isorhamnetin: 0.55mg, Isorhamnetin: 0.55mg, Isorhamnetin: 0.55mg, Isorhamnetin: 0.55mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Quercetin: 2.23mg, Quercetin: 2.23mg, Quercetin: 2.23mg, Quercetin: 2.23mg

Nutrients (% of daily need)

Calories: 226.13kcal (11.31%), Fat: 6.11g (9.4%), Saturated Fat: 2.29g (14.29%), Carbohydrates: 17.4g (5.8%), Net Carbohydrates: 14.82g (5.39%), Sugar: 1.54g (1.71%), Cholesterol: 56.25mg (18.75%), Sodium: 756.41mg (32.89%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 24.4g (48.79%), Vitamin B12: 2.03µg (33.87%), Zinc: 4.78mg (31.83%), Vitamin B3: 5.67mg (28.37%), Selenium: 16.75µg (23.93%), Phosphorus: 209.53mg (20.95%), Vitamin B6: 0.41mg (20.45%), Iron: 3.64mg (20.24%), Potassium: 520.3mg (14.87%), Vitamin B2: 0.22mg (13.16%), Fiber: 2.58g (10.34%), Magnesium: 27.34mg (6.83%), Copper: 0.13mg (6.34%), Vitamin B5: 0.6mg (5.99%), Vitamin B1: 0.07mg (4.73%), Calcium: 35.57mg (3.56%), Manganese: 0.05mg (2.5%), Folate: 8.64µg (2.16%), Vitamin C: 1.7mg (2.06%), Vitamin E: 0.27mg (1.81%)