



My Country Style Steak

 Dairy Free

READY IN



70 min.

SERVINGS



4

CALORIES



380 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 ounce onion soup mix dry
- ☐ 0.5 cup flour all-purpose for coating
- ☐ 1 tablespoon flour all-purpose
- ☐ 4 servings garlic salt to taste
- ☐ 4 servings salt and pepper to taste
- ☐ 1 pound fat-trimmed beef flank steak cut into bite size pieces
- ☐ 2 tablespoons vegetable oil

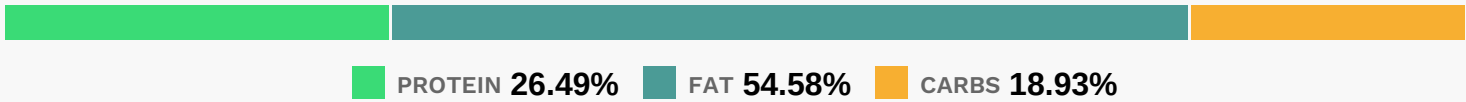
Equipment

- ☐ frying pan
- ☐ slotted spoon

Directions

- ☐ Heat the oil in a large skillet over medium-high heat. Coat cube steak pieces with flour, and shake off the excess. Fry steak pieces in the hot oil just until browned on each side and there are some juices in the pan.
- ☐ Remove with a slotted spoon and set aside.
- ☐ Stir together the onion soup mix and 1 tablespoon of flour; sprinkle into the skillet. Cook and stir over medium heat until it starts to brown. Gradually mix in the water to make a gravy. Return the cube steak to the pan, and season with salt, pepper, and garlic salt. Cover, and simmer over low heat for about 1 hour.

Nutrition Facts



Properties

Glycemic Index:37.5, Glycemic Load:9.66, Inflammation Score:-2, Nutrition Score:14.016521662474%

Nutrients (% of daily need)

Calories: 380.45kcal (19.02%), Fat: 23.03g (35.43%), Saturated Fat: 8.2g (51.27%), Carbohydrates: 17.97g (5.99%), Net Carbohydrates: 17.03g (6.19%), Sugar: 0.38g (0.42%), Cholesterol: 69.17mg (23.06%), Sodium: 1016.08mg (44.18%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 25.15g (50.31%), Selenium: 33.96µg (48.51%), Zinc: 6.02mg (40.13%), Vitamin B3: 6.69mg (33.45%), Vitamin B12: 1.88µg (31.37%), Vitamin B6: 0.5mg (25.07%), Vitamin B2: 0.38mg (22.17%), Phosphorus: 197.15mg (19.71%), Vitamin B1: 0.26mg (17.13%), Iron: 2.86mg (15.86%), Vitamin K: 14.36µg (13.67%), Potassium: 373.81mg (10.68%), Folate: 35.43µg (8.86%), Manganese: 0.17mg (8.37%), Magnesium: 31.93mg (7.98%), Copper: 0.14mg (6.95%), Vitamin E: 0.58mg (3.84%), Fiber: 0.94g (3.76%), Calcium: 20.94mg (2.09%), Vitamin B5: 0.14mg (1.37%)