



HEALTH SCORE

69%

My Mom's Swiss Steak



Gluten Free



Dairy Free



Very Healthy

READY IN



140 min.

SERVINGS



4

CALORIES



696 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients



1 bay leaf



2 cups broccoli florets



1 tablespoon brown sugar



16 ounce canned tomatoes diced canned



1 cup carrots sliced



2 cups cauliflowerets



0.5 teaspoon chili powder



4 servings rice hot cooked

- ☐ 1 tablespoon cornstarch
- ☐ 0.3 teaspoon garlic powder
- ☐ 0.8 teaspoon ground ginger
- ☐ 1 large onion chopped
- ☐ 1 cup onion chopped (1 small)
- ☐ 1.5 teaspoons oregano dried
- ☐ 0.3 teaspoon pepper
- ☐ 4 servings salt and pepper to taste
- ☐ 1 pound rump steak boneless cut into thin strips
- ☐ 1 pound beef sirloin tip steaks
- ☐ 0.3 cup soya sauce
- ☐ 2 tablespoons vegetable oil
- ☐ 0.5 cup water cold

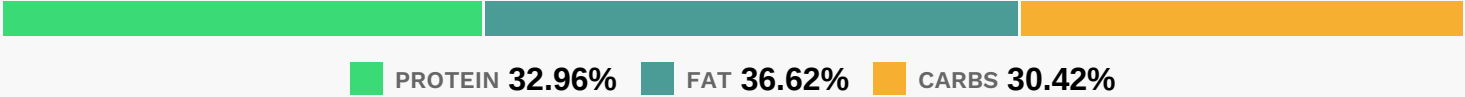
Equipment

- ☐ frying pan
- ☐ pot
- ☐ dutch oven

Directions

- ☐ Heat oil in a large Dutch oven over medium-high heat.
- ☐ Place steaks into the pot one at a time, quickly browning on each side.
- ☐ Remove steaks, and set aside.
- ☐ Add the onion to the pot, and cook over medium-low heat until wilted, about 3 minutes. Return the steaks to the pot, and add the tomatoes, mushrooms, celery and green pepper. Season with oregano and add the bay leaf.
- ☐ Cover the pot, and cook over medium-low heat for about 1 1/2 hours, or until meat is fork tender. If you wish to thicken the gravy, remove the meat to a plate. Stir together the cornstarch and water; stir into the pan juices.
- ☐ Let simmer for about 2 minutes to thicken. Return the beef to the pot.

Nutrition Facts



Properties

Glycemic Index:92.21, Glycemic Load:30.05, Inflammation Score:-10, Nutrition Score:50.750000207321%

Flavonoids

Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.46mg, Luteolin: 0.46mg, Luteolin: 0.46mg, Luteolin: 0.46mg Isorhamnetin: 3.88mg, Isorhamnetin: 3.88mg, Isorhamnetin: 3.88mg, Isorhamnetin: 3.88mg Kaempferol: 4.33mg, Kaempferol: 4.33mg, Kaempferol: 4.33mg, Kaempferol: 4.33mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 17.55mg, Quercetin: 17.55mg, Quercetin: 17.55mg, Quercetin: 17.55mg

Nutrients (% of daily need)

Calories: 696.23kcal (34.81%), Fat: 28.39g (43.67%), Saturated Fat: 9.54g (59.62%), Carbohydrates: 53.05g (17.68%), Net Carbohydrates: 45.54g (16.56%), Sugar: 14.78g (16.43%), Cholesterol: 132.68mg (44.23%), Sodium: 1342.33mg (58.36%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 57.49g (114.98%), Vitamin A: 5963.97IU (119.28%), Vitamin B12: 6.41µg (106.78%), Vitamin C: 82.78mg (100.34%), Selenium: 63.22µg (90.32%), Vitamin B6: 1.74mg (86.91%), Vitamin K: 82.57µg (78.64%), Zinc: 11.57mg (77.15%), Vitamin B3: 13.98mg (69.89%), Phosphorus: 624.34mg (62.43%), Manganese: 1.19mg (59.43%), Potassium: 1714.99mg (49%), Iron: 8.22mg (45.65%), Vitamin B2: 0.66mg (38.65%), Magnesium: 121.85mg (30.46%), Fiber: 7.51g (30.06%), Copper: 0.59mg (29.39%), Vitamin B1: 0.43mg (28.71%), Folate: 114.51µg (28.63%), Vitamin B5: 2.75mg (27.54%), Vitamin E: 3.05mg (20.36%), Calcium: 140.28mg (14.03%)