



## Philly Cheese Steak Casserole

READY IN



75 min.

SERVINGS



6

CALORIES



280 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

### Ingredients

- 1.8 cups beef broth flavored progresso® (from 32-oz carton)
- 1 lb beef top sirloin steaks boneless
- 1 tablespoon dijon mustard
- 0.5 cup skim milk fat-free
- 0.3 cup flour all-purpose gold medal®
- 0.5 cup bell pepper green chopped
- 3 oz cheddar cheese shredded reduced-fat
- 1 cup onion chopped
- 0.3 teaspoon pepper

6 oz extra wide egg noodles uncooked

## Equipment

bowl

frying pan

oven

whisk

baking pan

glass baking pan

## Directions

Heat oven to 350°F. Spray 11x7-inch (2-quart) glass baking dish with cooking spray. Cook and drain noodles as directed on package.

Meanwhile, remove fat from beef.

Cut beef into 3/4-inch pieces.

Heat 12-inch nonstick skillet over medium heat. Cook beef and pepper in skillet 2 to 3 minutes, stirring occasionally, until beef is brown. Stir in onions and bell pepper. Cook 2 minutes, stirring occasionally. Spoon into baking dish.

In medium bowl, beat broth and flour with wire whisk until smooth.

Add to skillet; heat to boiling. Cook, stirring constantly, until mixture thickens; remove from heat. Stir in half-and-half and mustard. Spoon over beef mixture. Stir in cooked noodles.

Cover and bake 40 minutes.

Sprinkle with cheese.

Bake uncovered about 10 minutes longer or until cheese is melted and casserole is bubbly.

## Nutrition Facts

 PROTEIN **38.85%**  FAT **18.17%**  CARBS **42.98%**

## Properties

Glycemic Index:36.67, Glycemic Load:11.96, Inflammation Score:-5, Nutrition Score:16.100434736065%

## Flavonoids

Luteolin: 0.59mg, Luteolin: 0.59mg, Luteolin: 0.59mg, Luteolin: 0.59mg Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 5.69mg, Quercetin: 5.69mg, Quercetin: 5.69mg, Quercetin: 5.69mg

## Nutrients (% of daily need)

Calories: 279.74kcal (13.99%), Fat: 5.54g (8.53%), Saturated Fat: 2.21g (13.84%), Carbohydrates: 29.5g (9.83%), Net Carbohydrates: 27.63g (10.05%), Sugar: 3.07g (3.41%), Cholesterol: 72.38mg (24.13%), Sodium: 444.16mg (19.31%), Alcohol: 0g (0%), Alcohol %: 0% (0%), Protein: 26.66g (53.33%), Selenium: 51.49µg (73.56%), Phosphorus: 353.91mg (35.39%), Vitamin B3: 6.48mg (32.38%), Vitamin B6: 0.63mg (31.28%), Zinc: 4.1mg (27.34%), Manganese: 0.37mg (18.25%), Vitamin B12: 1.01µg (16.89%), Vitamin C: 12.1mg (14.67%), Vitamin B2: 0.25mg (14.53%), Potassium: 497.82mg (14.22%), Iron: 2.32mg (12.9%), Vitamin B1: 0.18mg (12.27%), Calcium: 118.56mg (11.86%), Magnesium: 47.04mg (11.76%), Vitamin B5: 0.96mg (9.6%), Folate: 37.82µg (9.46%), Copper: 0.18mg (8.88%), Fiber: 1.87g (7.48%), Vitamin E: 0.4mg (2.65%), Vitamin K: 2.31µg (2.2%), Vitamin A: 104.08IU (2.08%)