






 **30%**
HEALTH SCORE

Picante Beef Steaks with Sauteed Onions

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

READY IN

30 min.

SERVINGS

4

CALORIES

205 kcal

LUNCH **MAIN COURSE** **MAIN DISH** **DINNER**

Ingredients

- 1 pound beef top sirloin steaks boneless cut into 4 pieces
- 1 tablespoon olive oil
- 1 medium onion thinly sliced
- 1 cup picante sauce pace®

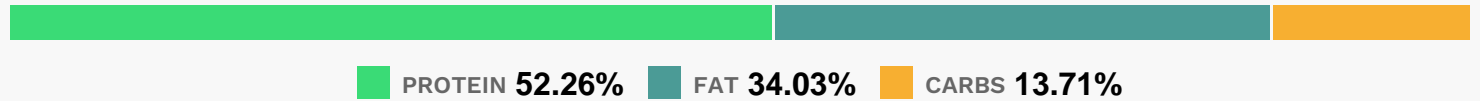
Equipment

- frying pan

Directions

- Heat half the oil in a 12-inch skillet over medium-high heat.
- Add the beef and cook until well browned on both sides.
- Remove the beef from the skillet.
- Pour off any fat.
- Heat the remaining oil in the skillet over medium heat.
- Add the onion and cook until tender, stirring occasionally. Stir the picante sauce in the skillet. Return the beef to the skillet. Cook the beef for 2 minutes for medium or until desired doneness.

Nutrition Facts



Properties

Glycemic Index:6.75, Glycemic Load:0.57, Inflammation Score:-5, Nutrition Score:14.500869522924%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg 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: 5.58mg, Quercetin: 5.58mg, Quercetin: 5.58mg, Quercetin: 5.58mg

Nutrients (% of daily need)

Calories: 204.81kcal (10.24%), Fat: 7.67g (11.79%), Saturated Fat: 1.99g (12.44%), Carbohydrates: 6.95g (2.32%), Net Carbohydrates: 5.31g (1.93%), Sugar: 3.64g (4.05%), Cholesterol: 66.9mg (22.3%), Sodium: 491.07mg (21.35%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 26.49g (52.98%), Selenium: 35.65µg (50.93%), Vitamin B6: 0.86mg (42.98%), Vitamin B3: 8.1mg (40.48%), Zinc: 4.71mg (31.42%), Phosphorus: 268.05mg (26.8%), Vitamin B12: 1.07µg (17.77%), Potassium: 612.72mg (17.51%), Iron: 2.18mg (12.09%), Vitamin E: 1.62mg (10.8%), Vitamin B2: 0.16mg (9.66%), Magnesium: 38.58mg (9.65%), Vitamin B5: 0.91mg (9.07%), Vitamin B1: 0.12mg (8.03%), Copper: 0.14mg (7.01%), Fiber: 1.64g (6.55%), Vitamin A: 312.55IU (6.25%), Manganese: 0.12mg (6.07%), Vitamin K: 6.19µg (5.9%), Folate: 22.57µg (5.64%), Calcium: 49.51mg (4.95%), Vitamin C: 3.27mg (3.96%)