



Pizza Swiss Steak

READY IN



45 min.

SERVINGS



8

CALORIES



293 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 4 ounce mushrooms drained sliced canned
- ☐ 0.3 cup flour all-purpose
- ☐ 1 medium size bell pepper green chopped
- ☐ 1 medium onion halved sliced
- ☐ 0.3 teaspoon pepper
- ☐ 15 ounce pizza sauce canned
- ☐ 2 teaspoons salt
- ☐ 2 ounces mozzarella cheese shredded
- ☐ 1.5 pounds fat-trimmed beef flank steak cut into bite-size pieces

- ☐ 8 ounce basil-garlic tomato sauce canned
- ☐ 2 tablespoons vegetable oil

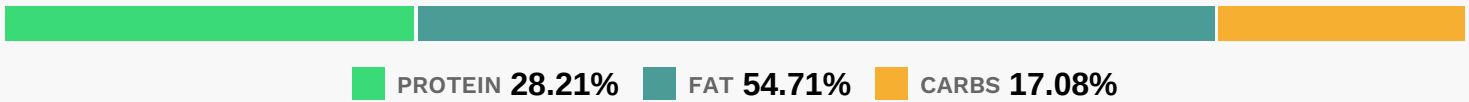
Equipment

- ☐ frying pan
- ☐ oven
- ☐ baking pan

Directions

- ☐ Combine first 3 ingredients. Dredge steak in flour mixture.
- ☐ Brown steak, in batches, in hot oil in a large skillet over high heat 1 to 2 minutes on each side.
- ☐ Remove steak from skillet, and place in a lightly greased 13- x 9-inch baking dish.
- ☐ Saut sliced onion, chopped bell pepper, and mushrooms in skillet over medium-high heat 5 minutes or until tender.
- ☐ Add pizza and tomato sauces, and simmer 15 minutes; pour over steak.
- ☐ Bake at 350 for 45 minutes. Uncover and sprinkle with cheese; bake 15 minutes or until cheese melts.

Nutrition Facts



Properties

Glycemic Index:27, Glycemic Load:4.16, Inflammation Score:-6, Nutrition Score:14.012608639572%

Flavonoids

Luteolin: 0.7mg, Luteolin: 0.7mg, Luteolin: 0.7mg, Luteolin: 0.7mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Quercetin: 3.12mg, Quercetin: 3.12mg, Quercetin: 3.12mg, Quercetin: 3.12mg

Nutrients (% of daily need)

Calories: 292.52kcal (14.63%), Fat: 17.98g (27.67%), Saturated Fat: 6.96g (43.5%), Carbohydrates: 12.64g (4.21%), Net Carbohydrates: 9.95g (3.62%), Sugar: 5.29g (5.88%), Cholesterol: 57.48mg (19.16%), Sodium: 1089.94mg (47.39%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 20.86g (41.73%), Selenium: 24.7µg (35.28%), Zinc:

4.87mg (32.47%), Vitamin B3: 5.32mg (26.6%), Vitamin B12: 1.57µg (26.22%), Vitamin B6: 0.46mg (22.75%), Vitamin C: 18.06mg (21.89%), Phosphorus: 183.95mg (18.4%), Vitamin B2: 0.29mg (17.33%), Potassium: 552.82mg (15.79%), Iron: 2.61mg (14.52%), Fiber: 2.69g (10.75%), Vitamin B1: 0.16mg (10.5%), Vitamin A: 516.58IU (10.33%), Vitamin K: 10.45µg (9.96%), Copper: 0.19mg (9.28%), Magnesium: 33.51mg (8.38%), Manganese: 0.15mg (7.6%), Vitamin E: 1.12mg (7.47%), Calcium: 65.89mg (6.59%), Folate: 23.17µg (5.79%), Vitamin B5: 0.34mg (3.45%)