



Potato-Topped Oven Swiss Steak

 Gluten Free

READY IN



155 min.

SERVINGS



8

CALORIES



274 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1.5 lb round steak boneless cut into pieces (1/)
- 1.5 cups carrots sliced
- 1 large onion cut into thin wedges (2 cups)
- 14.5 oz tomatoes diced italian with herbs, undrained canned
- 12 oz gravy
- 9.4 oz lawry's seasoned salt mashed
- 4 cups water
- 1.5 cups milk

- 6 tablespoons butter
- 1 eggs beaten

Equipment

- bowl
- sauce pan
- oven
- baking pan
- aluminum foil
- glass baking pan

Directions

- Heat oven to 325°F. In ungreased 13x9-inch (3-quart) glass baking dish, arrange beef in single layer. Top with carrots and onion.
- In medium bowl, mix tomatoes and gravy; spoon over beef and vegetables. Cover with foil; bake 2 hours.
- In 3-quart saucepan, make potatoes as directed on pouch using water, milk and butter. Stir in egg until well blended.
- Remove baking dish from oven. Uncover; spoon potato mixture over hot meat mixture. Return to oven; bake uncovered 15 to 20 minutes longer or until potatoes are set.

Nutrition Facts



Properties

Glycemic Index:13.98, Glycemic Load:1.96, Inflammation Score:-10, Nutrition Score:18.710869540339%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Isorhamnetin: 0.94mg, Isorhamnetin: 0.94mg, Isorhamnetin: 0.94mg, Isorhamnetin: 0.94mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 4.11mg, Quercetin: 4.11mg

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Nutrients (% of daily need)

Calories: 273.81kcal (13.69%), Fat: 15.37g (23.64%), Saturated Fat: 4.55g (28.46%), Carbohydrates: 10.54g (3.51%), Net Carbohydrates: 9.03g (3.28%), Sugar: 6.1g (6.77%), Cholesterol: 82.93mg (27.64%), Sodium: 13374.71mg (581.51%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 23.13g (46.27%), Vitamin A: 4549.33IU (90.99%), Selenium: 27.08µg (38.69%), Vitamin B6: 0.72mg (35.86%), Vitamin B3: 6.55mg (32.74%), Vitamin B12: 1.91µg (31.9%), Zinc: 4.11mg (27.42%), Phosphorus: 271.92mg (27.19%), Potassium: 583.44mg (16.67%), Vitamin B2: 0.28mg (16.35%), Iron: 2.62mg (14.55%), Calcium: 119.22mg (11.92%), Vitamin B1: 0.16mg (10.48%), Magnesium: 39.65mg (9.91%), Vitamin B5: 0.99mg (9.87%), Vitamin C: 7.6mg (9.22%), Copper: 0.17mg (8.64%), Vitamin E: 1.17mg (7.82%), Manganese: 0.15mg (7.33%), Folate: 25.98µg (6.49%), Fiber: 1.5g (6.02%), Vitamin K: 5.91µg (5.63%), Vitamin D: 0.7µg (4.66%)