



Potato-Topped Oven Swiss Steak

 Gluten Free

READY IN



155 min.

SERVINGS



8

CALORIES



570 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 12 oz gravy
- 1.5 lb fat-trimmed beef flank steak boneless cut into pieces (1/)
- 6 tablespoons butter
- 9.4 oz butter mashed
- 14.5 oz tomatoes diced italian with herbs, undrained canned
- 1.5 cups carrots sliced
- 1 eggs beaten
- 1.5 cups milk

- 1 large onion cut into thin wedges (2 cups)
- 4 cups water

Equipment

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

Directions

- Heat oven to 325F. 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

PROTEIN 14.64% **FAT 78.09%** **CARBS 7.27%**

Properties

Glycemic Index:20.23, Glycemic Load:1.97, Inflammation Score:-10, Nutrition Score:17.583913056747%

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: 570.48kcal (28.52%), Fat: 50.34g (77.45%), Saturated Fat: 25.63g (160.21%), Carbohydrates: 10.56g (3.52%), Net Carbohydrates: 9.05g (3.29%), Sugar: 6.12g (6.79%), Cholesterol: 152.85mg (50.95%), Sodium: 674.09mg (29.31%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 21.23g (42.46%), Vitamin A: 5394.53IU (107.89%), Selenium: 23.81µg (34.02%), Zinc: 4.82mg (32.16%), Vitamin B12: 1.77µg (29.58%), Vitamin B6: 0.49mg (24.56%), Vitamin B3: 4.86mg (24.28%), Phosphorus: 213.58mg (21.36%), Vitamin B2: 0.35mg (20.82%), Potassium: 517.33mg (14.78%), Iron: 2.18mg (12.09%), Vitamin E: 1.69mg (11.27%), Calcium: 108.16mg (10.82%), Vitamin B1: 0.15mg (10.2%), Vitamin C: 7.6mg (9.22%), Magnesium: 36.58mg (9.15%), Vitamin K: 8.49µg (8.09%), Copper: 0.14mg (7.16%), Fiber: 1.5g (6.02%), Manganese: 0.1mg (5.07%), Vitamin D: 0.7µg (4.66%), Folate: 18.47µg (4.62%), Vitamin B5: 0.45mg (4.5%)