

## President Ford's Braised Eye Round Steak

 Dairy Free

READY IN



85 min.

SERVINGS



6

CALORIES



142 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 1 cup beef consommé
- 0.3 teaspoon thyme dried
- 0.3 cup flour all-purpose for coating
- 1 teaspoon parsley fresh chopped
- 2 large onion sliced
- 4 ounce round steak
- 1 teaspoon lawry's seasoned salt
- 2 tablespoons vegetable oil

1 cup cooking wine

## Equipment

bowl

frying pan

slotted spoon

## Directions

Heat the oil in a large skillet over medium-high heat.

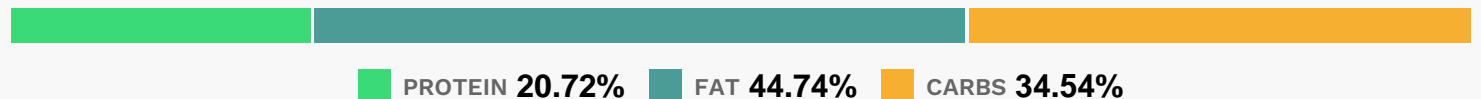
Add onions; cook and stir until lightly browned and tender, about 5 minutes.

Remove the onions from the skillet using a slotted spoon and set aside in a bowl. Season the steaks with thyme and seasoned salt, then dust them lightly with flour. Fry the steaks in the skillet over medium-high heat until browned on each side, about 5 minutes per side.

Pour the red wine and beef consomme in with the beef. Return the cooked onions to the pan. Cook over medium-high heat until the aroma of wine dissipates, 2 to 3 minutes. Reduce heat to low, cover, and simmer for 1 hour.

Serve steaks with the sauce and a garnish of fresh parsley.

## Nutrition Facts



## Properties

Glycemic Index:24.83, Glycemic Load:4.07, Inflammation Score:-4, Nutrition Score:5.2591304344975%

## Flavonoids

Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 2.51mg, Isorhamnetin: 2.51mg, Isorhamnetin: 2.51mg, Isorhamnetin: 2.51mg Kaempferol: 0.33mg, Kaempferol: 0.33mg, Kaempferol: 0.33mg, Kaempferol: 0.33mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 10.15mg, Quercetin: 10.15mg, Quercetin: 10.15mg, Quercetin: 10.15mg

## Nutrients (% of daily need)

Calories: 141.61kcal (7.08%), Fat: 5.63g (8.66%), Saturated Fat: 1.08g (6.72%), Carbohydrates: 9.78g (3.26%), Net Carbohydrates: 8.77g (3.19%), Sugar: 2.45g (2.72%), Cholesterol: 11.91mg (3.97%), Sodium: 551.29mg (23.97%),

Alcohol: 4.16g (100%), Alcohol %: 3.3% (100%), Protein: 5.86g (11.73%), Selenium: 7.78µg (11.12%), Vitamin B6: 0.21mg (10.7%), Vitamin B3: 2.05mg (10.25%), Vitamin K: 9.77µg (9.3%), Manganese: 0.16mg (8.03%), Phosphorus: 75.38mg (7.54%), Zinc: 0.99mg (6.59%), Vitamin B12: 0.39µg (6.42%), Potassium: 206.81mg (5.91%), Folate: 22.83µg (5.71%), Iron: 1.02mg (5.67%), Vitamin B1: 0.08mg (5.66%), Vitamin B2: 0.09mg (5.17%), Vitamin C: 3.74mg (4.54%), Magnesium: 16.18mg (4.05%), Fiber: 1.01g (4.03%), Vitamin E: 0.44mg (2.96%), Copper: 0.05mg (2.48%), Vitamin B5: 0.23mg (2.35%), Calcium: 22.71mg (2.27%)