



## Round Steak and Gravy II

 Gluten Free  Dairy Free

READY IN



145 min.

SERVINGS



4

CALORIES



311 kcal

SAUCE

### Ingredients

- 10.8 ounce cream of mushroom soup canned
- 10.5 ounce condensed onion soup french canned
- 1.5 pounds round steak thin cut
- 10.8 ounce water canned

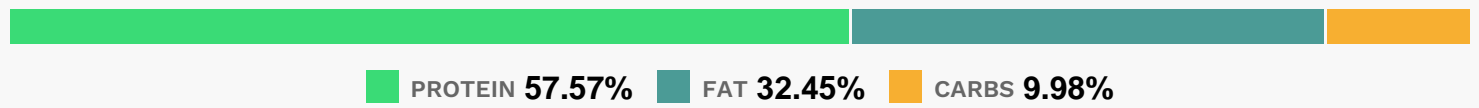
### Equipment

- oven
- roasting pan

## Directions

- Preheat oven to 325 degrees F (165 degrees C).
- Trim the fat from the steak, and cut into desired number of servings.
- In a roasting pan over medium high heat, sear both sides of the steak, about 1 minute per side.
- Remove from heat.
- Stir the cream of mushroom soup, French onion soup and water into the roaster.
- Bake in the preheated oven 2 1/2 hours.

## Nutrition Facts



## Properties

Glycemic Index:0, Glycemic Load:0, Inflammation Score:-2, Nutrition Score:21.683043505834%

## Nutrients (% of daily need)

Calories: 311.4kcal (15.57%), Fat: 10.84g (16.68%), Saturated Fat: 4.29g (26.81%), Carbohydrates: 7.5g (2.5%), Net Carbohydrates: 6.76g (2.46%), Sugar: 2.36g (2.62%), Cholesterol: 113.95mg (37.98%), Sodium: 1024.94mg (44.56%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 43.28g (86.57%), Selenium: 48.65µg (69.5%), Vitamin B3: 12.42mg (62.12%), Vitamin B6: 1.16mg (58.17%), Vitamin B12: 3.34µg (55.61%), Zinc: 8.14mg (54.29%), Phosphorus: 399.71mg (39.97%), Potassium: 1025.15mg (29.29%), Iron: 4.14mg (23%), Vitamin B2: 0.32mg (19%), Copper: 0.34mg (16.82%), Vitamin B5: 1.29mg (12.93%), Manganese: 0.25mg (12.62%), Magnesium: 48.62mg (12.15%), Vitamin B1: 0.18mg (11.79%), Folate: 27.45µg (6.86%), Calcium: 51.26mg (5.13%), Vitamin E: 0.51mg (3.4%), Fiber: 0.75g (2.99%), Vitamin K: 2.04µg (1.94%), Vitamin D: 0.17µg (1.13%)