



## Round Steak Sauerbraten

 Gluten Free  Dairy Free

READY IN



75 min.

SERVINGS



4

CALORIES



272 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 1 bay leaf
- 0.8 ounce brown gravy mix dry
- 1 tablespoon brown sugar
- 0.3 teaspoon ground ginger
- 4 servings ground pepper black to taste
- 1 tablespoon onion powder
- 2 tablespoons red wine vinegar
- 0.5 teaspoon salt

- 1.5 pounds top round steak trimmed sliced thin
- 1 tablespoon vegetable oil
- 2 cups water
- 1 teaspoon worcestershire sauce

## Equipment

- frying pan
- sauce pan
- oven
- casserole dish

## Directions

- Heat the oil in a large saucepan over medium heat.
- Add the sliced meat and brown well.
- Remove meat.
- Add the gravy mix and water and bring to a boil, stirring constantly.
- Stir in the onion powder, brown sugar, vinegar, Worcestershire sauce, ginger, bay leaf and salt, and ground black pepper to taste. Return the meat to the pan, reduce heat to low, cover and simmer for one hour, or until meat is tender.
- Remove bay leaf.
- Note: You could also transfer to a casserole dish and bake covered at 350 degrees F (175 degrees C) for 1 1/2 hours.

## Nutrition Facts



**PROTEIN 60.35%** **FAT 31.76%** **CARBS 7.89%**

## Properties

Glycemic Index:8, Glycemic Load:0.01, Inflammation Score:-3, Nutrition Score:19.883478128716%

## Nutrients (% of daily need)

Calories: 272.41kcal (13.62%), Fat: 9.25g (14.23%), Saturated Fat: 2.49g (15.57%), Carbohydrates: 5.17g (1.72%), Net Carbohydrates: 4.85g (1.76%), Sugar: 3.36g (3.73%), Cholesterol: 103.76mg (34.59%), Sodium: 457.45mg (19.89%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 39.56g (79.11%), Selenium: 54.63µg (78.04%), Vitamin B3: 11.73mg (58.67%), Vitamin B6: 1.17mg (58.51%), Zinc: 7.87mg (52.46%), Phosphorus: 388.67mg (38.87%), Vitamin B12: 2.3µg (38.27%), Iron: 3.6mg (20.01%), Potassium: 673.79mg (19.25%), Vitamin B2: 0.25mg (14.93%), Vitamin B5: 1.17mg (11.74%), Magnesium: 46.93mg (11.73%), Vitamin B1: 0.17mg (11.39%), Copper: 0.22mg (10.93%), Vitamin K: 8.55µg (8.14%), Folate: 25.16µg (6.29%), Manganese: 0.11mg (5.46%), Calcium: 53.21mg (5.32%), Vitamin E: 0.78mg (5.19%), Fiber: 0.32g (1.26%)