



Saucy Chopped Steak

 Gluten Free

READY IN



30 min.

SERVINGS



4

CALORIES



309 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 Tbsp butter divided
- 0.5 cup philadelphia original cooking creme
- 8 oz mushrooms fresh sliced
- 1 lb ground sirloin
- 0.5 cup onions chopped
- 2 Tbsp parsley italian chopped
- 0.5 tsp pepper
- 1 Tbsp lea & perrins worcestershire sauce

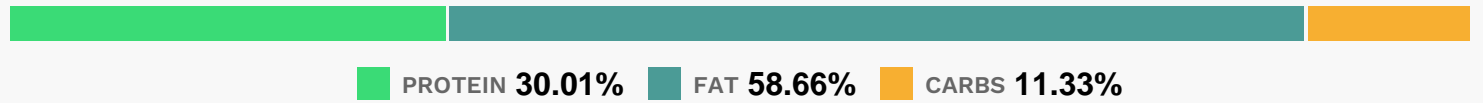
Equipment

- frying pan

Directions

- Mix meat and pepper; shape into 4 (1/2-inch-thick) oval patties. Melt 1 tsp. butter in large skillet on medium heat.
- Add patties; cook 5 min. on each side or until done (160F).
- Transfer to platter; cover to keep warm.
- Melt remaining butter in same skillet.
- Add mushrooms and onions; cook and stir 3 min. Stir in Worcestershire sauce; cook and stir 2 min or until onions are crisp-tender.
- Add cooking creme; cook 2 to 3 min. or until heated through, stirring frequently. Spoon over patties; top with parsley.

Nutrition Facts



Properties

Glycemic Index:43.25, Glycemic Load:0.87, Inflammation Score:-4, Nutrition Score:15.967391335446%

Flavonoids

Apigenin: 4.1mg, Apigenin: 4.1mg, Apigenin: 4.1mg, Apigenin: 4.1mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg Myricetin: 0.29mg, Myricetin: 0.29mg, Myricetin: 0.29mg, Myricetin: 0.29mg Quercetin: 4.07mg, Quercetin: 4.07mg, Quercetin: 4.07mg, Quercetin: 4.07mg

Nutrients (% of daily need)

Calories: 309.4kcal (15.47%), Fat: 20.12g (30.96%), Saturated Fat: 8.52g (53.25%), Carbohydrates: 8.75g (2.92%), Net Carbohydrates: 7.72g (2.81%), Sugar: 6.35g (7.05%), Cholesterol: 84.74mg (28.25%), Sodium: 161.22mg (7.01%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 23.17g (46.33%), Vitamin B12: 2.49µg (41.49%), Vitamin B3: 7.4mg (37%), Zinc: 5.46mg (36.43%), Selenium: 23.36µg (33.37%), Vitamin K: 33.41µg (31.82%), Phosphorus: 253.37mg (25.34%), Vitamin B2: 0.41mg (24.4%), Vitamin B6: 0.48mg (23.89%), Iron: 3.08mg (17.1%), Potassium: 593.02mg (16.94%), Vitamin B5: 1.51mg (15.11%), Copper: 0.28mg (14.06%), Magnesium: 29.81mg (7.45%), Vitamin

B1: 0.11mg (7.19%), Vitamin C: 5.75mg (6.97%), Folate: 23.62µg (5.9%), Manganese: 0.1mg (5.13%), Vitamin A: 253.9IU (5.08%), Fiber: 1.03g (4.13%), Vitamin E: 0.53mg (3.55%), Calcium: 33.92mg (3.39%), Vitamin D: 0.23µg (1.51%)