



Saucy Italian Steak

 Dairy Free

READY IN



105 min.

SERVINGS



6

CALORIES



224 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1.5 lb round steak boneless thick
- ☐ 2 tablespoons flour all-purpose
- ☐ 0.3 teaspoon pepper
- ☐ 1 tablespoon vegetable oil
- ☐ 14 oz tomato sauce fat-free (any variety)
- ☐ 2 cups green beans frozen
- ☐ 0.3 cup olives ripe sliced

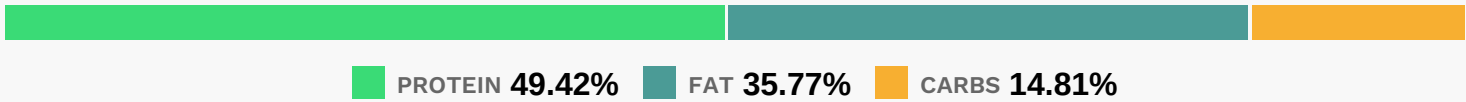
Equipment

- ☐ frying pan
- ☐ oven
- ☐ aluminum foil
- ☐ glass baking pan

Directions

- ☐ Heat oven to 375°F.
- ☐ Remove fat from beef.
- ☐ Mix flour and pepper; rub over both sides of beef, shaking off excess.
- ☐ Cut beef into 6 serving pieces.
- ☐ In 10-inch nonstick skillet, heat oil over medium-high heat.
- ☐ Add beef; cook about 5 minutes, turning once, until brown.
- ☐ Place beef in 11x7-inch (2-qt) glass baking dish.
- ☐ Pour spaghetti sauce over beef. Cover with foil.
- ☐ Bake about 1 hour. Uncover and place green beans around beef. Cover and bake about 30 minutes longer or until beef is of desired doneness.
- ☐ Sprinkle with olives.

Nutrition Facts



Properties

Glycemic Index:33, Glycemic Load:3.24, Inflammation Score:-6, Nutrition Score:18.583043668581%

Flavonoids

Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 1mg, Quercetin: 1mg, Quercetin: 1mg, Quercetin: 1mg

Nutrients (% of daily need)

Calories: 223.5kcal (11.18%), Fat: 8.85g (13.62%), Saturated Fat: 2.37g (14.79%), Carbohydrates: 8.25g (2.75%), Net Carbohydrates: 5.99g (2.18%), Sugar: 3.59g (3.99%), Cholesterol: 71.44mg (23.81%), Sodium: 468.2mg (20.36%),

Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 27.52g (55.04%), Selenium: 33.95µg (48.5%), Vitamin B3: 8.91mg (44.56%), Vitamin B6: 0.87mg (43.74%), Vitamin B12: 2.14µg (35.72%), Zinc: 5.12mg (34.13%), Phosphorus: 286.59mg (28.66%), Vitamin K: 23.37µg (22.26%), Iron: 3.57mg (19.83%), Potassium: 679.14mg (19.4%), Vitamin B2: 0.28mg (16.4%), Vitamin E: 1.85mg (12.3%), Magnesium: 48.75mg (12.19%), Vitamin B1: 0.17mg (11.64%), Copper: 0.23mg (11.37%), Vitamin A: 561.99IU (11.24%), Vitamin C: 9.1mg (11.03%), Vitamin B5: 1.07mg (10.66%), Manganese: 0.19mg (9.68%), Folate: 37.55µg (9.39%), Fiber: 2.26g (9.03%), Calcium: 49.18mg (4.92%)