



## Saucy Pan Steak

 Dairy Free

READY IN



30 min.

SERVINGS



2

CALORIES



764 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- 1 lb beef t-bone steaks
- 1 cup beef broth fat-free reduced-sodium
- 2 Tbsp brown sugar
- 2 Tbsp flour
- 0.5 tsp ground pepper black
- 3 Tbsp a.1. original sauce
- 2 tsp olive oil
- 1 onion sliced

- 1 portobello mushroom sliced
- 1 cup potatoes hot mashed

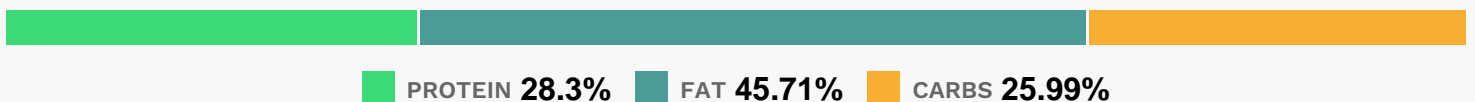
## Equipment

- frying pan
- whisk

## Directions

- Heat oil in large nonstick skillet on medium-high heat.
- Add onions and mushrooms; cook 6 to 8 min. or until tender, stirring occasionally.
- Remove from skillet.
- Rub pepper onto both sides of steaks.
- Add to skillet; cook 4 min., turning after 2 min. Meanwhile, whisk broth, A. 1., sugar and flour until blended.
- Top steaks with cooked vegetables.
- Add broth mixture; cover. Cook on medium-low heat 7 to 8 min. or until steaks are medium doneness (160F) and sauce is thickened.
- Serve with potatoes.

## Nutrition Facts



## Properties

Glycemic Index:108.88, Glycemic Load:18.76, Inflammation Score:-6, Nutrition Score:30.455217462195%

## Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg Kaempferol: 1.2mg, Kaempferol: 1.2mg, Kaempferol: 1.2mg, Kaempferol: 1.2mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 11.9mg, Quercetin: 11.9mg, Quercetin: 11.9mg, Quercetin: 11.9mg

## Nutrients (% of daily need)

Calories: 764.46kcal (38.22%), Fat: 38.52g (59.26%), Saturated Fat: 14.35g (89.66%), Carbohydrates: 49.29g (16.43%), Net Carbohydrates: 45.17g (16.42%), Sugar: 21.06g (23.4%), Cholesterol: 127.01mg (42.34%), Sodium: 628.45mg (27.32%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 53.65g (107.3%), Vitamin B12: 6.33µg (105.43%), Selenium: 48.53µg (69.33%), Vitamin B6: 1.31mg (65.47%), Vitamin B3: 11.75mg (58.76%), Zinc: 8.12mg (54.14%), Phosphorus: 525.16mg (52.52%), Potassium: 1646.71mg (47.05%), Iron: 6.13mg (34.06%), Vitamin B2: 0.55mg (32.31%), Vitamin C: 24.75mg (30.01%), Vitamin B1: 0.42mg (28.02%), Copper: 0.46mg (22.86%), Manganese: 0.41mg (20.63%), Magnesium: 78.59mg (19.65%), Folate: 66.55µg (16.64%), Fiber: 4.12g (16.48%), Vitamin B5: 1.62mg (16.16%), Vitamin K: 5.76µg (5.49%), Calcium: 53.46mg (5.35%), Vitamin E: 0.69mg (4.58%)