



## Sirloin Tips and Mushrooms

 **Gluten Free**  **Dairy Free**

READY IN



**75 min.**

SERVINGS



**6**

CALORIES



**256 kcal**

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 1.5 pounds beef sirloin
- 16 ounce mushrooms with liquid canned
- 8 ounce tomato sauce canned
- 3 cloves garlic minced
- 3 tablespoons olive oil
- 6 servings pepper freshly ground to taste
- 0.8 cup red wine
- 6 servings salt to taste

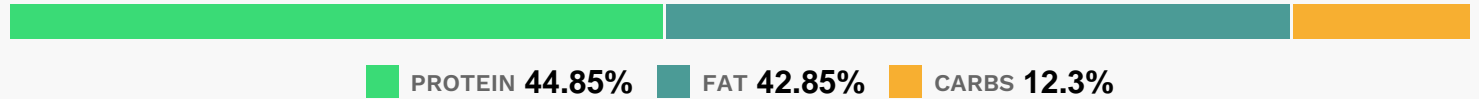
# Equipment

- frying pan

# Directions

- Cut beef into cubes. In a large skillet over medium/high heat, heat the olive oil and brown beef cubes with the garlic.
- Add mushrooms with liquid, tomato sauce, salt, pepper and red wine. Cook for 30 minutes or until beef cubes are tender.
- Add a little more wine while cooking if desired.

# Nutrition Facts



# Properties

Glycemic Index:20.33, Glycemic Load:0.92, Inflammation Score:-5, Nutrition Score:16.867826150811%

# Flavonoids

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# Nutrients (% of daily need)

Calories: 256.18kcal (12.81%), Fat: 11.14g (17.14%), Saturated Fat: 2.31g (14.46%), Carbohydrates: 7.2g (2.4%), Net Carbohydrates: 4.76g (1.73%), Sugar: 3.32g (3.68%), Cholesterol: 62.37mg (20.79%), Sodium: 761.64mg (33.11%), Alcohol: 3.18g (100%), Alcohol %: 1.52% (100%), Protein: 26.24g (52.48%), Selenium: 36.26µg (51.8%), Vitamin B3:

8.87mg (44.34%), Vitamin B6: 0.83mg (41.56%), Zinc: 5.37mg (35.81%), Phosphorus: 299.65mg (29.97%), Vitamin B12: 1.42µg (23.62%), Potassium: 637.49mg (18.21%), Iron: 3.19mg (17.74%), Copper: 0.34mg (17.02%), Vitamin B5: 1.46mg (14.61%), Vitamin E: 1.87mg (12.46%), Vitamin B2: 0.21mg (12.11%), Vitamin B1: 0.18mg (11.85%), Magnesium: 47.24mg (11.81%), Manganese: 0.2mg (9.91%), Fiber: 2.44g (9.75%), Folate: 26.44µg (6.61%), Vitamin K: 6.83µg (6.5%), Calcium: 42.04mg (4.2%), Vitamin C: 3.11mg (3.77%), Vitamin A: 164.95IU (3.3%), Vitamin D: 0.15µg (1.01%)