



Smothered Sirloin Patties with Veggies and Horseradish Sour Cream

 Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



297 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.8 cup bell pepper strips (green cut into 1/4-inch strips)
- 1 teaspoon cajun spice (divided)
- 1 pound ground sirloin
- 1 tablespoon horseradish (prepared)
- 1 small onion (cut into eighths)
- 0.5 teaspoon salt (divided)
- 0.5 cup heavy whipping cream (fat-free sour)

- 0.3 cup water
- 2 baby squash yellow quartered

Equipment

- frying pan
- whisk

Directions

- Combine sour cream, horseradish, and 1/4 teaspoon salt; stir well with a whisk. Set aside.
- Divide meat into 4 equal portions, shaping each into a 1/2-inch-thick patty.
- Place patties in a nonstick skillet over medium-high heat.
- Sprinkle with 1/2 teaspoon Cajun seasoning. Cook 5 minutes; turn, sprinkle with 1/2 teaspoon Cajun seasoning, and cook 4 minutes.
- Remove patties from pan, and keep warm.
- Coat pan with cooking spray, and place over medium-high heat.
- Add bell pepper, 1/4 teaspoon salt, squash, and onion. Cover, reduce heat to medium-low, and cook 6 minutes or until squash is crisp-tender, stirring occasionally.
- Return patties to pan; add water. Cover and cook over medium heat 3 minutes or until done.
- Serve with sour cream mixture.
- carbo rating: 8

Nutrition Facts



Properties

Glycemic Index:29.75, Glycemic Load:1.27, Inflammation Score:-7, Nutrition Score:17.96347834753%

Flavonoids

Luteolin: 1.32mg, Luteolin: 1.32mg, Luteolin: 1.32mg, Luteolin: 1.32mg Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 4.17mg,

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Nutrients (% of daily need)

Calories: 296.56kcal (14.83%), Fat: 17.34g (26.68%), Saturated Fat: 6.73g (42.08%), Carbohydrates: 11.39g (3.8%), Net Carbohydrates: 9.24g (3.36%), Sugar: 4.03g (4.48%), Cholesterol: 79.7mg (26.57%), Sodium: 426.39mg (18.54%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 23.71g (47.41%), Vitamin C: 41.35mg (50.13%), Vitamin B12: 2.55µg (42.45%), Zinc: 5.63mg (37.53%), Vitamin B6: 0.71mg (35.44%), Vitamin B3: 5.99mg (29.94%), Selenium: 19.86µg (28.37%), Phosphorus: 271.86mg (27.19%), Vitamin B2: 0.37mg (22.01%), Potassium: 723.5mg (20.67%), Iron: 2.97mg (16.49%), Manganese: 0.25mg (12.65%), Vitamin A: 619.38IU (12.39%), Folate: 46.89µg (11.72%), Magnesium: 46.55mg (11.64%), Vitamin B1: 0.13mg (8.81%), Fiber: 2.15g (8.59%), Vitamin B5: 0.84mg (8.4%), Copper: 0.16mg (8.21%), Calcium: 78.33mg (7.83%), Vitamin K: 7µg (6.67%), Vitamin E: 0.79mg (5.27%)