



## Smothered Sirloin Steak in Parmesan-Peppercorn Sauce

 Gluten Free

READY IN



60 min.

SERVINGS



4

CALORIES



263 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 1 lb beef sirloin steak boneless trimmed well
- 0.3 tsp pepper black
- 0.3 cup knudsen cream fat free sour
- 0.5 cup 1/2 cup kraft lite zesty italian dressing italian divided kraft
- 1 onion separated thinly sliced
- 4.5 tsp parmesan cheese grated kraft

### Equipment

frying pan

## Directions

- Pour 1/4 cup dressing over steak in shallow dish; turn to evenly coat steak. Refrigerate 30 min. to marinate. Meanwhile, mix sour cream, 2 Tbsp. of the remaining dressing, Parmesan cheese and pepper. Refrigerate until ready to serve.
- Heat remaining 2 Tbsp. dressing in large nonstick skillet on medium heat.
- Add onions; cook 7 to 8 min. or until golden brown, stirring frequently.
- Remove onions from skillet; set aside.
- Remove steak from marinade; discard marinade.
- Add steak to skillet; cook on medium heat 3 to 4 min. on each side or until medium doneness (160F).
- Remove steak from skillet; cut into thin strips.
- Serve topped with the sour cream sauce and onions.

## Nutrition Facts

**PROTEIN 43.4%** **FAT 41.25%** **CARBS 15.35%**

## Properties

Glycemic Index:14.75, Glycemic Load:0.58, Inflammation Score:-4, Nutrition Score:14.433043508426%

## Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 5.58mg, Quercetin: 5.58mg, Quercetin: 5.58mg

## Nutrients (% of daily need)

Calories: 263.36kcal (13.17%), Fat: 11.8g (18.15%), Saturated Fat: 3.22g (20.13%), Carbohydrates: 9.88g (3.29%), Net Carbohydrates: 9.38g (3.41%), Sugar: 4.42g (4.91%), Cholesterol: 73.45mg (24.48%), Sodium: 480.38mg (20.89%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 27.93g (55.85%), Selenium: 38.61µg (55.16%), Vitamin B6: 0.77mg (38.63%), Vitamin B3: 7.43mg (37.13%), Zinc: 4.94mg (32.94%), Phosphorus: 305.21mg (30.52%), Vitamin B12: 1.2µg (19.97%), Vitamin K: 18.11µg (17.24%), Potassium: 506.25mg (14.46%), Vitamin B2: 0.19mg (11.27%), Iron: 2mg (11.09%), Calcium: 108.62mg (10.86%), Magnesium: 34.37mg (8.59%), Vitamin B5: 0.8mg (7.95%), Vitamin B1: 0.11mg (7.52%), Vitamin E: 1mg (6.64%), Folate: 22.43µg (5.61%), Copper: 0.11mg (5.53%), Manganese: 0.08mg

(3.89%), Vitamin C: 2.15mg (2.61%), Vitamin A: 108.65IU (2.17%), Fiber: 0.5g (2%)