



Smothered Sirloin Steak with Adobo Gravy

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

READY IN



45 min.

SERVINGS



4

CALORIES



312 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.3 cup beef consomme
- 7 ounce chipotle chiles in adobo sauce canned
- 0.5 teaspoon cornstarch
- 1 pound ground sirloin
- 1 teaspoon soya sauce low-sodium
- 2 cups onion thinly sliced

Equipment

- bowl

frying pan

colander

Directions

Divide sirloin into 4 equal portions, shaping each into a 1/2-inch-thick patty.

Drain chipotles in a colander over a bowl, reserving 1/4 cup adobo sauce. Reserve chiles for another use.

Heat a large nonstick skillet coated with cooking spray over medium-high heat.

Add patties and onion; cook 5 minutes on each side.

Add adobo sauce and consomm; bring to a boil. Cover, reduce heat, and simmer 10 minutes.

Combine soy sauce and cornstarch; stir well.

Add to pan; bring to boil. Cook 1 minute or until thick.

Nutrition Facts



Properties

Glycemic Index:6.75, Glycemic Load:1.65, Inflammation Score:-4, Nutrition Score:13.150000015679%

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: 4.01mg, Isorhamnetin: 4.01mg, Isorhamnetin: 4.01mg, Isorhamnetin: 4.01mg Kaempferol: 0.52mg, Kaempferol: 0.52mg, Kaempferol: 0.52mg, Kaempferol: 0.52mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 16.24mg, Quercetin: 16.24mg, Quercetin: 16.24mg, Quercetin: 16.24mg

Nutrients (% of daily need)

Calories: 311.95kcal (15.6%), Fat: 17.14g (26.37%), Saturated Fat: 6.71g (41.92%), Carbohydrates: 16.05g (5.35%), Net Carbohydrates: 9.72g (3.53%), Sugar: 6.71g (7.45%), Cholesterol: 77.11mg (25.7%), Sodium: 197.96mg (8.61%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 22.3g (44.6%), Vitamin B12: 2.47µg (41.25%), Zinc: 5.23mg (34.84%), Vitamin B3: 5.53mg (27.67%), Selenium: 18.47µg (26.39%), Fiber: 6.33g (25.33%), Vitamin B6: 0.49mg (24.62%), Phosphorus: 221.82mg (22.18%), Iron: 3.78mg (21%), Potassium: 466.53mg (13.33%), Vitamin B2: 0.2mg (11.83%), Magnesium: 29.68mg (7.42%), Vitamin B5: 0.73mg (7.29%), Vitamin C: 5.92mg (7.18%), Manganese: 0.12mg (6.1%), Folate: 22.95µg (5.74%), Vitamin B1: 0.09mg (5.69%), Copper: 0.11mg (5.4%), Calcium: 36.99mg (3.7%), Vitamin E: 0.44mg (2.94%), Vitamin K: 1.79µg (1.71%)