



Smothered Steak

 Dairy Free

READY IN



120 min.

SERVINGS



4

CALORIES



595 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 4 slices bacon
- ☐ 0.5 cup flour all-purpose
- ☐ 2 cups onion thinly sliced
- ☐ 1.5 pounds blade steaks
- ☐ 2 tablespoons vegetable oil divided
- ☐ 1 cup water

Equipment

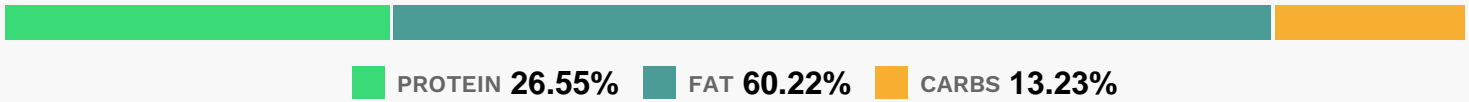
- ☐ frying pan

- ☐ paper towels
- ☐ plastic wrap
- ☐ meat tenderizer

Directions

- ☐ Cook bacon in 1 tablespoon oil in a large heavy skillet over medium heat until crisp.
- ☐ Drain on paper towels, reserving fat in skillet, then crumble.
- ☐ Meanwhile, pound steaks 1/4 inch thick between sheets of plastic wrap using flat side of a meat pounder. Snip through any gristle with kitchen shears (to prevent curling), then pat steaks dry.
- ☐ Mix together flour, 1 teaspoon salt, and 1/4 teaspoon pepper and dredge steaks on all sides, shaking off excess.
- ☐ Heat reserved bacon fat over medium-high heat until it shimmers, then brown steaks on both sides in batches; transfer to a plate.
- ☐ Add onion to skillet with remaining tablespoon oil, 1/4 teaspoon salt, and 1/8 teaspoon pepper and cook over medium heat, stirring frequently and scraping up brown bits, until softened and browned, about 10 minutes.
- ☐ Add steaks with any meat juices and water and bring to a boil. Simmer, tightly covered, over low heat until meat is very tender, about 1 1/4 hours. If sauce is thin, transfer meat to a platter and boil until reduced to about 1 cup. Season steaks with salt and pepper.
- ☐ Serve with sauce and sprinkled with bacon.

Nutrition Facts



Properties

Glycemic Index:25.5, Glycemic Load:10.28, Inflammation Score:-5, Nutrition Score:21.405217406542%

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: 594.53kcal (29.73%), Fat: 39.82g (61.26%), Saturated Fat: 14.72g (91.99%), Carbohydrates: 19.68g (6.56%), Net Carbohydrates: 17.9g (6.51%), Sugar: 3.43g (3.82%), Cholesterol: 118.28mg (39.43%), Sodium: 240.56mg (10.46%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 39.49g (78.99%), Selenium: 51.62µg (73.75%), Zinc: 9.24mg (61.58%), Vitamin B3: 10.23mg (51.14%), Vitamin B12: 2.93µg (48.89%), Vitamin B6: 0.84mg (42%), Phosphorus: 316.69mg (31.67%), Vitamin B2: 0.52mg (30.77%), Vitamin B1: 0.37mg (24.66%), Iron: 3.91mg (21.72%), Potassium: 632.94mg (18.08%), Vitamin K: 15.42µg (14.69%), Magnesium: 50.39mg (12.6%), Folate: 48.9µg (12.22%), Manganese: 0.21mg (10.61%), Copper: 0.21mg (10.25%), Vitamin C: 5.92mg (7.18%), Fiber: 1.78g (7.13%), Vitamin E: 0.68mg (4.51%), Calcium: 35.53mg (3.55%), Vitamin B5: 0.29mg (2.89%), Vitamin D: 0.26µg (1.72%)