



## Spicy Barbecue Beef

 Gluten Free  Dairy Free

READY IN



120 min.

SERVINGS



1

CALORIES



976 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 0.3 cup heinz chili sauce
- 3 Tbsp grey poupon dijon mustard
- 0.3 cup a.1. original sauce
- 1 Tbsp oil
- 1 large onion sliced
- 1 lb beef top round steak
- 0.3 cup water

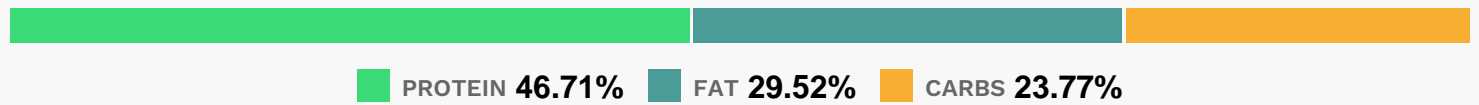
### Equipment

frying pan

## Directions

- Cook steak in hot oil in large skillet on medium-high heat until browned on both sides.
- Add onions; cook until golden brown, stirring occasionally.
- Mix remaining ingredients until well blended.
- Add steak sauce mixture to skillet. Bring to boil; cover. Simmer on medium-low heat 1-1/2 hours or until steak is tender.

## Nutrition Facts



## Properties

Glycemic Index:59, Glycemic Load:3.24, Inflammation Score:-9, Nutrition Score:48.806956581447%

## Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 7.51mg, Isorhamnetin: 7.51mg, Isorhamnetin: 7.51mg, Isorhamnetin: 7.51mg Kaempferol: 0.98mg, Kaempferol: 0.98mg, Kaempferol: 0.98mg, Kaempferol: 0.98mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 30.45mg, Quercetin: 30.45mg, Quercetin: 30.45mg, Quercetin: 30.45mg

## Nutrients (% of daily need)

Calories: 976.28kcal (48.81%), Fat: 31.31g (48.17%), Saturated Fat: 6.48g (40.51%), Carbohydrates: 56.73g (18.91%), Net Carbohydrates: 50.06g (18.2%), Sugar: 37.32g (41.47%), Cholesterol: 276.69mg (92.23%), Sodium: 2960.01mg (128.7%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 111.46g (222.93%), Selenium: 161.75µg (231.07%), Vitamin B6: 3.44mg (171.83%), Vitamin B3: 33.09mg (165.43%), Zinc: 21.42mg (142.82%), Phosphorus: 1155.47mg (115.55%), Vitamin B12: 6.12µg (102.06%), Potassium: 2315.1mg (66.15%), Iron: 10.69mg (59.41%), Vitamin B2: 0.8mg (47.1%), Vitamin B1: 0.67mg (44.46%), Magnesium: 161.51mg (40.38%), Vitamin E: 5.7mg (38%), Copper: 0.7mg (35.25%), Vitamin B5: 3.4mg (33.99%), Vitamin C: 25.84mg (31.32%), Fiber: 6.67g (26.68%), Folate: 103.34µg (25.84%), Manganese: 0.44mg (22.23%), Vitamin K: 21.43µg (20.41%), Calcium: 182.61mg (18.26%), Vitamin A: 653.75IU (13.08%)