



Steak and Mushroom Pie

READY IN



40 min.

SERVINGS



10

CALORIES



242 kcal

Ingredients

- 0.5 cup brown gravy mix
- 1 cup button mushrooms sliced
- 1 pot pie shell pre-cooked
- 10 servings potatoes and vegetables mashed for serving
- 10 servings salt and pepper black freshly ground
- 6 ounces beef top sirloin steaks organic cut into bite-size cubes
- 1 ounce butter unsalted

Equipment

- frying pan

oven

pot

Directions

Watch how to make this recipe.

Preheat the oven to 350 degrees F.

Heat the butter in a well-seasoned fry pan.

Saute the steak cubes until lightly browned, and then add the mushrooms to pan.

Add salt and pepper to taste.

Saute until all lightly browned.

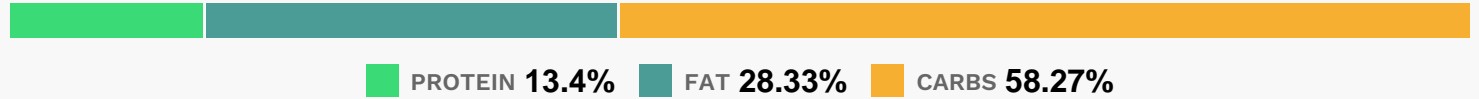
Add the brown gravy, and mix thoroughly.

Place into the bottom pot pie shell, and place the top shell over the filling.

Place in the oven until heated through, about 15 minutes.

Served with your favorite mashed potatoes and vegetables.

Nutrition Facts



Properties

Glycemic Index:14.77, Glycemic Load:19.26, Inflammation Score:-1, Nutrition Score:10.9478262935%

Flavonoids

Kaempferol: 1.2mg, Kaempferol: 1.2mg, Kaempferol: 1.2mg, Kaempferol: 1.2mg Quercetin: 1.05mg, Quercetin: 1.05mg, Quercetin: 1.05mg, Quercetin: 1.05mg

Nutrients (% of daily need)

Calories: 242.44kcal (12.12%), Fat: 7.7g (11.85%), Saturated Fat: 3.11g (19.44%), Carbohydrates: 35.65g (11.88%), Net Carbohydrates: 31.8g (11.56%), Sugar: 1.76g (1.96%), Cholesterol: 16.13mg (5.38%), Sodium: 154.83mg (6.73%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.2g (16.39%), Vitamin C: 29.75mg (36.06%), Vitamin B6: 0.57mg (28.41%), Potassium: 741.25mg (21.18%), Vitamin B3: 3.49mg (17.45%), Manganese: 0.32mg (16.19%), Fiber: 3.85g (15.39%), Phosphorus: 142.72mg (14.27%), Vitamin B1: 0.19mg (12.5%), Copper: 0.22mg (11.01%), Selenium: 7.58µg (10.83%), Iron: 1.94mg (10.8%), Magnesium: 42.05mg (10.51%), Folate: 39.85µg (9.96%), Zinc: 1.25mg (8.3%), Vitamin B2: 0.14mg (8.06%), Vitamin B5: 0.77mg (7.72%), Vitamin K: 4.64µg (4.42%), Vitamin B12: 0.17µg (2.81%),

Calcium: 26.38mg (2.64%), Vitamin A: 74.56IU (1.49%), Vitamin E: 0.21mg (1.39%)