



Steak Creole



Gluten Free



Dairy Free

READY IN



35 min.

SERVINGS



4

CALORIES



322 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 16 ounce canned tomatoes diced canned
- ☐ 3 stalks celery chopped
- ☐ 1 bell pepper green chopped
- ☐ 4 ounce mushrooms sliced
- ☐ 1 medium onion chopped
- ☐ 1 lb rump steak
- ☐ 2 tablespoons worcestershire sauce

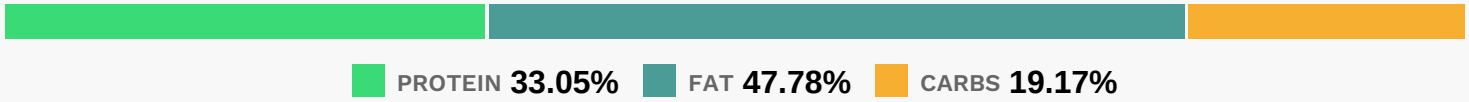
Equipment

☐ frying pan

Directions

- ☐ Cut and trim steak into bite-sized pieces; brown in skillet over medium heat in 2T oil.2
- ☐ Add diced celery, green pepper, tomatoes, onion, mushrooms, worcestershire and tabasco.3
Simmer over low heat for 30 minutes, stirring occasionally, or until meat is tender.4
- ☐ Serve over hot cooked rice or noodles.

Nutrition Facts



Properties

Glycemic Index:34.75, Glycemic Load:3.31, Inflammation Score:-7, Nutrition Score:21.554782447608%

Flavonoids

Apigenin: 0.86mg, Apigenin: 0.86mg, Apigenin: 0.86mg, Apigenin: 0.86mg Luteolin: 1.72mg, Luteolin: 1.72mg, Luteolin: 1.72mg, Luteolin: 1.72mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 6.36mg, Quercetin: 6.36mg, Quercetin: 6.36mg, Quercetin: 6.36mg

Nutrients (% of daily need)

Calories: 321.96kcal (16.1%), Fat: 17.35g (26.69%), Saturated Fat: 6.92g (43.23%), Carbohydrates: 15.66g (5.22%), Net Carbohydrates: 11.77g (4.28%), Sugar: 8.68g (9.65%), Cholesterol: 63.5mg (21.17%), Sodium: 348.83mg (15.17%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 27g (53.99%), Vitamin B12: 3.16µg (52.73%), Vitamin C: 39.02mg (47.29%), Vitamin B6: 0.75mg (37.62%), Vitamin B3: 6.86mg (34.28%), Selenium: 22.33µg (31.9%), Potassium: 1011.02mg (28.89%), Zinc: 4.31mg (28.76%), Phosphorus: 284.21mg (28.42%), Iron: 4.56mg (25.36%), Vitamin B2: 0.42mg (24.76%), Copper: 0.45mg (22.26%), Vitamin B1: 0.26mg (17.55%), Manganese: 0.34mg (16.91%), Vitamin K: 17.2µg (16.38%), Fiber: 3.89g (15.57%), Magnesium: 58.04mg (14.51%), Vitamin B5: 1.23mg (12.28%), Folate: 46.05µg (11.51%), Vitamin E: 1.62mg (10.82%), Vitamin A: 495.85IU (9.92%), Calcium: 76.6mg (7.66%)