



Steak Tips with Peppered Mushroom Gravy

READY IN



20 min.

SERVINGS



4

CALORIES



289 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 8 ounce pre baby bella mushrooms
- ☐ 0.5 teaspoon pepper black
- ☐ 1 tablespoon butter
- ☐ 2 cups extra wide egg noodles uncooked
- ☐ 3 tablespoons flour all-purpose
- ☐ 1 teaspoon garlic minced
- ☐ 1 tablespoon lower-sodium soy sauce
- ☐ 1.5 cups lower-sodium beef broth fat-free
- ☐ 0.3 teaspoon salt

- ☐ 2 tablespoons shallots finely chopped
- ☐ 3 thyme sprigs fresh
- ☐ 1 pound beef top sirloin steaks cut into 3/4-inch pieces

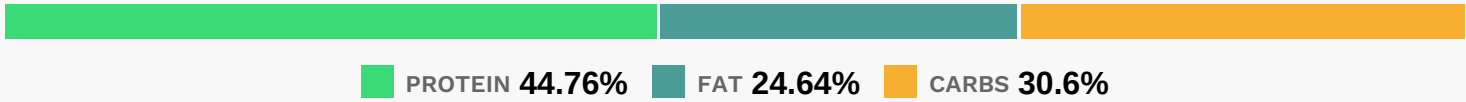
Equipment

- ☐ frying pan

Directions

- ☐ Cook noodles according to package directions, omitting salt and fat; drain.
- ☐ While noodles cook, heat a large nonstick skillet over medium-high heat. Coat pan with cooking spray.
- ☐ Add steak; saut 5 minutes, browning on all sides.
- ☐ Remove from pan; cover.
- ☐ Melt butter in pan over medium-high heat.
- ☐ Add shallots and mushrooms; saut 4 minutes.
- ☐ Add garlic; saut 30 seconds. Stir in soy sauce.
- ☐ Sprinkle flour over mushroom mixture; cook 1 minute, stirring constantly. Gradually add broth, stirring constantly.
- ☐ Add pepper, salt, and thyme sprigs. Bring to a boil; cook 2 minutes or until thickened. Return beef to pan; cook 1 minute or until thoroughly heated. Discard thyme sprigs.
- ☐ Garnish with thyme leaves, if desired.

Nutrition Facts



Properties

Glycemic Index:76.5, Glycemic Load:9.13, Inflammation Score:-7, Nutrition Score:20.729130568712%

Flavonoids

Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.34mg, Luteolin: 0.34mg, Luteolin: 0.34mg, Luteolin: 0.34mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg

Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 289.03kcal (14.45%), Fat: 7.85g (12.08%), Saturated Fat: 3.53g (22.07%), Carbohydrates: 21.93g (7.31%), Net Carbohydrates: 20.44g (7.43%), Sugar: 1.77g (1.97%), Cholesterol: 90.39mg (30.13%), Sodium: 548.7mg (23.86%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 32.08g (64.16%), Selenium: 66.78µg (95.4%), Vitamin B3: 10.3mg (51.5%), Vitamin B6: 0.85mg (42.72%), Zinc: 5.64mg (37.63%), Phosphorus: 371.99mg (37.2%), Vitamin B2: 0.48mg (27.96%), Potassium: 933.77mg (26.68%), Copper: 0.45mg (22.58%), Vitamin B12: 1.18µg (19.73%), Manganese: 0.38mg (19.15%), Vitamin B5: 1.83mg (18.32%), Iron: 2.96mg (16.44%), Vitamin B1: 0.22mg (14.82%), Magnesium: 49.14mg (12.29%), Folate: 48.69µg (12.17%), Fiber: 1.49g (5.96%), Calcium: 52.13mg (5.21%), Vitamin E: 0.5mg (3.33%), Vitamin A: 136.51IU (2.73%), Vitamin C: 1.83mg (2.22%), Vitamin K: 2.07µg (1.97%)