



Steak with Tomato Gorgonzola Sauce

 **Gluten Free**

READY IN

ready

35 min.

SERVINGS

servings

6

CALORIES

calories

332 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 cup balsamic vinegar
- ☐ 0.5 cup feta cheese crumbled
- ☐ 1 cup tomatoes italian traditional prego®
- ☐ 8 ounce mushrooms sliced
- ☐ 1 large onion thinly sliced
- ☐ 6 servings potatoes hot mashed
- ☐ 3 top round steak boneless thinly sliced

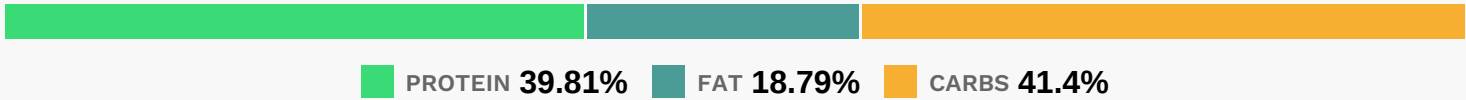
Equipment

☐ frying pan

Directions

- ☐ Spray a 12-inch skillet with the cooking spray and heat over medium-high heat for 1 minute.
- ☐ Add the beef in 2 batches and cook until it's well browned, stirring often.
- ☐ Remove the beef from the skillet.
- ☐ Pour off any fat.
- ☐ Reduce the heat to medium.
- ☐ Add the mushrooms and onion to the skillet and cook for 5 minutes or until the vegetables are tender. Stir in the vinegar and cook for 2 minutes.
- ☐ Stir the sauce in the skillet and heat to a boil. Return the beef to the skillet. Top with the cheese. Cook and stir until the cheese is melted.
- ☐ Serve with the potatoes.

Nutrition Facts



Properties

Glycemic Index:44.13, Glycemic Load:21.71, Inflammation Score:-5, Nutrition Score:25.998695635277%

Flavonoids

Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg Kaempferol: 1.36mg, Kaempferol: 1.36mg, Kaempferol: 1.36mg, Kaempferol: 1.36mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 6.13mg, Quercetin: 6.13mg, Quercetin: 6.13mg, Quercetin: 6.13mg

Nutrients (% of daily need)

Calories: 331.86kcal (16.59%), Fat: 6.91g (10.63%), Saturated Fat: 3.05g (19.07%), Carbohydrates: 34.23g (11.41%), Net Carbohydrates: 29.52g (10.73%), Sugar: 6.02g (6.69%), Cholesterol: 80.06mg (26.68%), Sodium: 422.7mg (18.38%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 32.93g (65.85%), Vitamin B6: 1.37mg (68.6%), Selenium: 42.26µg (60.37%), Vitamin B3: 11.28mg (56.38%), Phosphorus: 433.55mg (43.35%), Vitamin C: 35.05mg (42.49%), Zinc: 6.3mg (41.98%), Potassium: 1350.62mg (38.59%), Vitamin B2: 0.5mg (29.7%), Vitamin B12: 1.75µg (29.2%), Copper: 0.47mg (23.33%), Iron: 4.19mg (23.26%), Vitamin B5: 2.05mg (20.55%), Vitamin B1: 0.3mg (19.9%), Magnesium: 78.43mg (19.61%), Fiber: 4.72g (18.86%), Manganese: 0.36mg (17.82%), Folate: 58.67µg (14.67%), Calcium: 119.95mg (12%), Vitamin E: 0.96mg (6.41%), Vitamin K: 5.67µg (5.4%), Vitamin A: 233.06IU (4.66%)