



Swanson® Pan-Seared Steaks with Mushroom Gravy

READY IN



30 min.

SERVINGS



4

CALORIES



194 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 cup beef stock swanson®
- 1 pound beef sirloin steak boneless cut into serving size pieces
- 1 tablespoon flour all-purpose
- 2 cups mushrooms fresh sliced
- 1 tablespoon butter unsalted

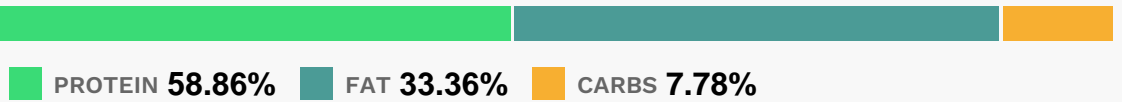
Equipment

- frying pan

Directions

- Season the steaks as desired. Cook the steaks in a 12-inch nonstick skillet over medium-high heat to desired doneness.
- Remove the steaks from the skillet. Do not pour off any fat.
- Heat the butter in the skillet.
- Add the mushrooms and cook until they're tender. Stir in the flour and cook for 1 minute. Gradually stir in the stock. Cook and stir until the mixture boils and thickens.
- Serve the mushroom gravy with the steaks.

Nutrition Facts



Properties

Glycemic Index:26.75, Glycemic Load:1.38, Inflammation Score:-3, Nutrition Score:15.366521659105%

Nutrients (% of daily need)

Calories: 194.3kcal (9.71%), Fat: 7.09g (10.91%), Saturated Fat: 3.33g (20.8%), Carbohydrates: 3.72g (1.24%), Net Carbohydrates: 3.19g (1.16%), Sugar: 1.28g (1.42%), Cholesterol: 74.43mg (24.81%), Sodium: 185.13mg (8.05%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 28.14g (56.28%), Selenium: 40.78µg (58.26%), Vitamin B3: 9.7mg (48.52%), Vitamin B6: 0.8mg (39.8%), Zinc: 4.9mg (32.69%), Phosphorus: 302.02mg (30.2%), Vitamin B2: 0.39mg (23.18%), Potassium: 671.32mg (19.18%), Vitamin B12: 1.09µg (18.18%), Vitamin B5: 1.47mg (14.72%), Copper: 0.27mg (13.66%), Iron: 2.32mg (12.86%), Vitamin B1: 0.16mg (10.57%), Magnesium: 35.08mg (8.77%), Folate: 27.64µg (6.91%), Calcium: 32.31mg (3.23%), Vitamin E: 0.41mg (2.74%), Manganese: 0.05mg (2.4%), Fiber: 0.53g (2.12%), Vitamin A: 87.46IU (1.75%), Vitamin K: 1.56µg (1.48%), Vitamin C: 1.01mg (1.22%)