

Swiss Steak

 Dairy Free

READY IN



120 min.

SERVINGS



6

CALORIES



290 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 pound beef round steak
- 8 ounce canned tomatoes diced canned
- 0.3 cup flour all-purpose
- 0.5 bell pepper green chopped
- 0.3 teaspoon ground pepper black
- 6 servings salt and ground pepper black to taste
- 1 onion minced
- 0.5 teaspoon salt

- 2 tablespoons vegetable shortening
- 0.3 cup water or as needed

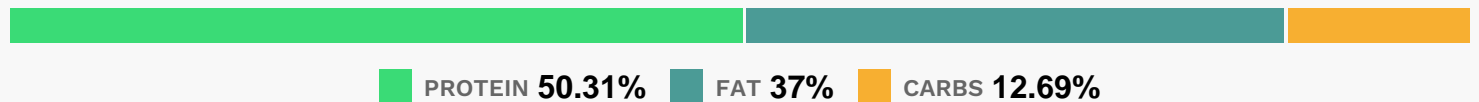
Equipment

- bowl
- frying pan

Directions

- Mix flour, 1/2 teaspoon salt, and 1/4 teaspoon black pepper together in a bowl.
- Sprinkle half the flour mixture on one side of round steak pieces; pound steak until coating is absorbed. Flip steak and coat with remaining flour mixture; pound steak until coating is absorbed.
- Cut steak into 6 pieces.
- Melt shortening in a large skillet over medium heat; place steak pieces in the hot shortening. Cook until browned, 7 to 10 minutes per side. Cover and simmer until tender, about 1 hour, adding water as needed.
- Turn steak pieces over and add tomatoes, onion, and green bell pepper to the skillet. Season with salt and black pepper. Simmer until vegetables are tender, about 30 more minutes.

Nutrition Facts



Properties

Glycemic Index:35.67, Glycemic Load:4.08, Inflammation Score:-4, Nutrition Score:20.888260654781%

Flavonoids

Luteolin: 0.47mg, Luteolin: 0.47mg, Luteolin: 0.47mg, Luteolin: 0.47mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 3.94mg, Quercetin: 3.94mg, Quercetin: 3.94mg, Quercetin: 3.94mg

Nutrients (% of daily need)

Calories: 290.22kcal (14.51%), Fat: 11.69g (17.99%), Saturated Fat: 3.58g (22.38%), Carbohydrates: 9.02g (3.01%), Net Carbohydrates: 7.63g (2.78%), Sugar: 2.69g (2.99%), Cholesterol: 95.25mg (31.75%), Sodium: 331.7mg (14.42%),

Alcohol: 0g (0%), Alcohol %: 0% (0%), Protein: 35.77g (71.54%), Selenium: 45.34µg (64.77%), Vitamin B3: 11.27mg (56.37%), Vitamin B6: 1.11mg (55.54%), Vitamin B12: 2.86µg (47.63%), Zinc: 6.67mg (44.48%), Phosphorus: 360.97mg (36.1%), Iron: 4.03mg (22.41%), Potassium: 695.14mg (19.86%), Vitamin B2: 0.3mg (17.64%), Vitamin C: 12.81mg (15.52%), Vitamin B1: 0.23mg (15.2%), Magnesium: 49.75mg (12.44%), Copper: 0.25mg (12.36%), Vitamin B5: 1.21mg (12.12%), Folate: 38.61µg (9.65%), Manganese: 0.19mg (9.27%), Vitamin E: 1.23mg (8.22%), Vitamin K: 7.21µg (6.87%), Fiber: 1.39g (5.54%), Calcium: 50.35mg (5.04%), Vitamin A: 119.33IU (2.39%), Vitamin D: 0.15µg (1.01%)