



Swiss Steak and Gravy



Gluten Free



Dairy Free

READY IN



490 min.

SERVINGS



6

CALORIES



495 kcal

SAUCE

Ingredients

- ☐ 48 ounces beef steaks cubed
- ☐ 21.5 ounces cream of mushroom soup canned
- ☐ 6 ounces mushrooms undrained sliced
- ☐ 0.3 cup onion chopped
- ☐ 0.5 teaspoon pepper
- ☐ 0.5 teaspoon salt

Equipment

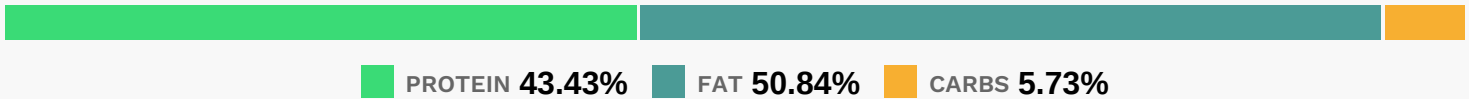
- ☐ slow cooker

Directions

- ☐
- Sprinkle beef with salt and pepper.

☐☐☐

Nutrition Facts



Properties

Glycemic Index:15.17, Glycemic Load:0.36, Inflammation Score:-3, Nutrition Score:26.307391105301%

Flavonoids

Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Quercetin: 1.35mg, Quercetin: 1.35mg, Quercetin: 1.35mg, Quercetin: 1.35mg

Nutrients (% of daily need)

Calories: 495.4kcal (24.77%), Fat: 27.34g (42.05%), Saturated Fat: 11g (68.73%), Carbohydrates: 6.94g (2.31%), Net Carbohydrates: 6.29g (2.29%), Sugar: 0.85g (0.94%), Cholesterol: 168.37mg (56.12%), Sodium: 1051.83mg (45.73%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 52.54g (105.08%), Selenium: 58.7µg (83.85%), Vitamin B3: 15.72mg (78.58%), Vitamin B6: 1.47mg (73.67%), Zinc: 10.01mg (66.74%), Phosphorus: 511.9mg (51.19%), Vitamin B12: 2.96µg (49.39%), Potassium: 989.91mg (28.28%), Iron: 4.58mg (25.45%), Vitamin B2: 0.43mg (25.09%), Copper: 0.5mg (25.01%), Vitamin B5: 1.96mg (19.57%), Manganese: 0.38mg (18.9%), Vitamin B1: 0.24mg (15.8%), Magnesium: 60.51mg (15.13%), Folate: 38.17µg (9.54%), Calcium: 59.47mg (5.95%), Vitamin E: 0.8mg (5.33%), Vitamin K: 3.47µg (3.31%), Fiber: 0.64g (2.57%), Vitamin C: 1.09mg (1.32%)