



## Yummy Cube Steaks

 Dairy Free

READY IN



95 min.

SERVINGS



6

CALORIES



399 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 2 pounds beef cube steak
- 15 ounce tomato sauce canned
- 14.5 ounce canned tomatoes diced canned
- 0.3 cup flour all-purpose
- 1 teaspoon penzey's southwest seasoning italian
- 2 tablespoons olive oil
- 1 large onion thinly sliced
- 0.3 teaspoon pepper

- 1 teaspoon salt
- 5 small zucchini cut into 1/2 inch slices

## Equipment

- frying pan
- ziploc bags

## Directions

- In a large resealable plastic bag, place the cube steak, flour, salt, and pepper. Seal, and shake to coat.
- Heat the olive oil in a large skillet over medium heat, and brown the cube steak. Reduce heat to low, and mix in the tomatoes, tomato sauce, onion, and Italian seasoning. Cover, and simmer at least 1 hour, stirring once.
- Place the zucchini in the skillet, and coat with the tomato sauce. Continue to simmer uncovered 10 minutes, or until zucchini is tender.

## Nutrition Facts



## Properties

Glycemic Index:33.17, Glycemic Load:4.93, Inflammation Score:-7, Nutrition Score:25.300869609999%

## Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 6.07mg, Quercetin: 6.07mg, Quercetin: 6.07mg, Quercetin: 6.07mg

## Nutrients (% of daily need)

Calories: 399.42kcal (19.97%), Fat: 21.9g (33.7%), Saturated Fat: 7.3g (45.62%), Carbohydrates: 16.15g (5.38%), Net Carbohydrates: 12.69g (4.62%), Sugar: 7.7g (8.56%), Cholesterol: 108.86mg (36.29%), Sodium: 921.38mg (40.06%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 34.69g (69.39%), Vitamin B6: 1.27mg (63.58%), Selenium: 39.95µg (57.07%), Vitamin B3: 11.17mg (55.83%), Zinc: 6.48mg (43.18%), Phosphorus: 386.93mg (38.69%), Vitamin C: 30.79mg (37.32%), Potassium: 1149.97mg (32.86%), Vitamin B12: 1.86µg (31%), Iron: 4.63mg (25.71%), Vitamin B2:

0.38mg (22.17%), Manganese: 0.42mg (20.92%), Vitamin E: 2.88mg (19.17%), Magnesium: 73.83mg (18.46%),  
Vitamin B1: 0.27mg (18.14%), Copper: 0.34mg (16.81%), Folate: 67.18µg (16.79%), Vitamin K: 15.45µg (14.71%), Vitamin  
B5: 1.44mg (14.44%), Fiber: 3.46g (13.84%), Vitamin A: 590.33IU (11.81%), Calcium: 94.18mg (9.42%)