

Swiss Steak Sauterne

Mrs. J. William Carr

River Road Recipes II (1976) - The Junion League, Baton Rouge, LA

Servings: 4

2 pounds round steak, cut 1/2-inch thick

1 teaspoon salt

1/8 teaspoon pepper

flour

oil

1/2 medium onion, chopped

1 cup sauterne (or other white dinner wine)

1 can (6 ounce) sliced mushrooms, undrained

Pound the steak. Cut into six serving pieces. Sprinkle with salt and pepper. Dip in flour.

In a heavy skillet, brown the meat and onions in heated oil. When well-browned, add the wine and mushrooms.

Cover and cook on low heat for 1 to 1-1/2 hours or until the meat is tender.

Per Serving (excluding unknown items): 443 Calories; 27g Fat (57.3% calories from fat); 44g Protein; 2g Carbohydrate; trace Dietary Fiber; 134mg Cholesterol; 647mg Sodium. Exchanges: 0 Grain(Starch); 6 Lean Meat; 1/2 Vegetable; 1 1/2 Fat.

Beef

Per Serving Nutritional Analysis

Calories (kcal):	443
% Calories from Fat:	57.3%
% Calories from Carbohydrates:	1.9%
% Calories from Protein:	40.8%
Total Fat (g):	27g
Saturated Fat (g):	11g
Monounsaturated Fat (g):	12g
Polyunsaturated Fat (g):	1g
Cholesterol (mg):	134mg
Carbohydrate (g):	2g
Dietary Fiber (g):	trace
Protein (g):	44g

Vitamin B6 (mg):	1.0mg
Vitamin B12 (mcg):	6.0mcg
Thiamin B1 (mg):	.2mg
Riboflavin B2 (mg):	.4mg
Folacin (mcg):	23mcg
Niacin (mg):	9mg
Caffeine (mg):	0mg
Alcohol (kcal):	0
% Refuse:	n n%

Food Exchanges

Grain (Starch):	0
Lean Meat:	6

Sodium (mg): 647mg
Potassium (mg): 808mg
Calcium (mg): 16mg
Iron (mg): 4mg
Zinc (mg): 7mg
Vitamin C (mg): 2mg
Vitamin A (i.u.): trace
Vitamin A (r.e.): 0RE

Vegetable: 1/2
Fruit: 0
Non-Fat Milk: 0
Fat: 1 1/2
Other Carbohydrates: 0

Nutrition Facts

Servings per Recipe: 4

Amount Per Serving

Calories 443 **Calories from Fat:** 254

% Daily Values*

Total Fat	27g	42%
Saturated Fat	11g	53%
Cholesterol	134mg	45%
Sodium	647mg	27%
Total Carbohydrates	2g	1%
Dietary Fiber	trace	2%
Protein	44g	

Vitamin A	0%
Vitamin C	3%
Calcium	2%
Iron	25%

** Percent Daily Values are based on a 2000 calorie diet.*