

# Swiss Steak with Mushrooms

Yield: 5 min  
Total Time: 110 min

Recipe from: <https://www.recipeschoose.com/recipes/swiss-steak-with-mushrooms-recipe>

## Ingredients:

- 1 round steak cut into 6 - 8 pieces
- flour
- salt
- pepper
- 1 medium onion
- oil
- sliced mushrooms

## Nutrition:

1. Calories: 330 calories
2. Carbohydrate: 8 grams
3. Cholesterol: 80 milligrams
4. Fat: 20 grams
5. Fiber: 1 grams
6. Protein: 24 grams
7. SaturatedFat: 7 grams
8. Sodium: 230 milligrams
9. Sugar: 1 grams

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