



WHATSheATE



Beer-Braised Beef



Dairy Free

READY IN



491 min.

SERVINGS



4

CALORIES



233 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 14.5 ounce canned tomatoes diced with basil, garlic, and oregano, undrained canned
- ☐ 0.5 cup beer light
- ☐ 2 tablespoons blackstrap molasses
- ☐ 1 cup prechopped onion refrigerated
- ☐ 0.3 teaspoon salt
- ☐ 1 pound top round steak boneless trimmed

Equipment

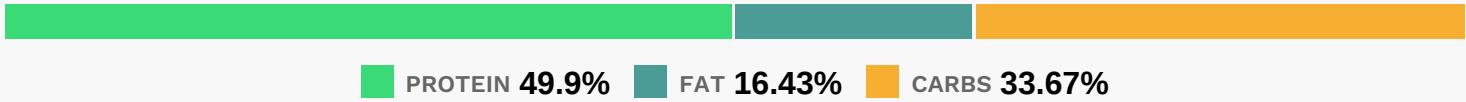
- ☐ frying pan

☐ slow cooker

Directions

- ☐ Place onion in a 3- to 3 1/2-quart electric slow cooker coated with cooking spray.
- ☐ Heat a large nonstick skillet over medium-high heat; coat pan with cooking spray.
- ☐ Add steak; cook 3 minutes on each side or until browned.
- ☐ Place steak over onion in cooker; pour tomatoes and beer over steak. Cover and cook on LOW for 8 hours or until steak is very tender.
- ☐ Shred steak with 2 forks in slow cooker; stir in molasses and salt.
- ☐ Let steak stand 10 minutes before serving.

Nutrition Facts



Properties

Glycemic Index:27.25, Glycemic Load:6.22, Inflammation Score:-6, Nutrition Score:20.101739178533%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 8.12mg, Quercetin: 8.12mg, Quercetin: 8.12mg, Quercetin: 8.12mg

Nutrients (% of daily need)

Calories: 232.72kcal (11.64%), Fat: 4.16g (6.4%), Saturated Fat: 1.37g (8.55%), Carbohydrates: 19.18g (6.39%), Net Carbohydrates: 16.55g (6.02%), Sugar: 13.71g (15.24%), Cholesterol: 69.17mg (23.06%), Sodium: 360.05mg (15.65%), Alcohol: 0.91g (100%), Alcohol %: 0.39% (100%), Protein: 28.43g (56.85%), Selenium: 38.89µg (55.56%), Vitamin B6: 1.05mg (52.46%), Vitamin B3: 9.31mg (46.56%), Zinc: 5.56mg (37.07%), Phosphorus: 305.14mg (30.51%), Potassium: 934.71mg (26.71%), Vitamin B12: 1.54µg (25.61%), Iron: 4.14mg (22.98%), Manganese: 0.41mg (20.53%), Magnesium: 78.58mg (19.65%), Copper: 0.38mg (18.78%), Vitamin C: 12.41mg (15.05%), Vitamin B1: 0.21mg (13.92%), Vitamin B2: 0.24mg (13.86%), Vitamin B5: 1.19mg (11.94%), Vitamin E: 1.62mg (10.81%), Fiber: 2.63g (10.53%), Folate: 38.61µg (9.65%), Calcium: 90.86mg (9.09%), Vitamin K: 6.97µg (6.64%), Vitamin A: 221.75IU (4.43%)