



## Crock Pot or Slow Cooked Flank Steak

 **Gluten Free**  **Dairy Free**

READY IN



495 min.

SERVINGS



8

CALORIES



245 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 1 bay leaf
- 1 large carrots chopped
- 3 pounds flank steak
- 8 servings salt and ground pepper black to taste
- 0.3 teaspoon ground thyme dried
- 1 large onion chopped
- 0.5 cup water

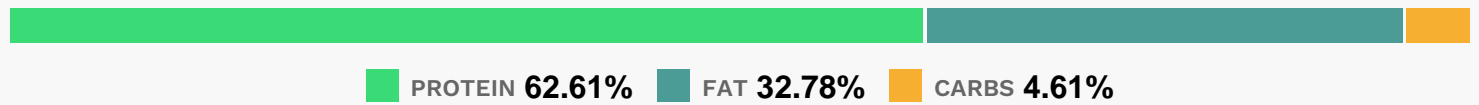
### Equipment

slow cooker

## Directions

- Season the flank steak with salt and pepper and place into a slow cooker.
- Add the carrot and onion; season with thyme and bay.
- Pour in the water.
- Cook on High for 4 hours; turn the steak over and press down into the liquid. Continue cooking until a fork easily passes through the meat, about 4 hours more.

## Nutrition Facts



## Properties

Glycemic Index:13.23, Glycemic Load:0.68, Inflammation Score:-8, Nutrition Score:18.433043189671%

## Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.94mg, Isorhamnetin: 0.94mg, Isorhamnetin: 0.94mg, Isorhamnetin: 0.94mg Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 3.83mg, Quercetin: 3.83mg, Quercetin: 3.83mg, Quercetin: 3.83mg

## Nutrients (% of daily need)

Calories: 244.6kcal (12.23%), Fat: 8.55g (13.16%), Saturated Fat: 3.54g (22.13%), Carbohydrates: 2.71g (0.9%), Net Carbohydrates: 2.1g (0.76%), Sugar: 1.22g (1.36%), Cholesterol: 102.06mg (34.02%), Sodium: 97.89mg (4.26%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 36.76g (73.51%), Selenium: 50.29µg (71.84%), Vitamin B3: 10.71mg (53.53%), Vitamin B6: 1.06mg (53.23%), Zinc: 6.57mg (43.82%), Phosphorus: 352.42mg (35.24%), Vitamin A: 1506.42IU (30.13%), Vitamin B12: 1.55µg (25.8%), Potassium: 637.86mg (18.22%), Iron: 2.74mg (15.22%), Vitamin B2: 0.21mg (12.13%), Vitamin B5: 1.12mg (11.21%), Magnesium: 40.78mg (10.19%), Vitamin B1: 0.14mg (9.15%), Copper: 0.14mg (6.98%), Folate: 27.51µg (6.88%), Calcium: 44.58mg (4.46%), Vitamin K: 4µg (3.81%), Vitamin E: 0.56mg (3.73%), Manganese: 0.07mg (3.6%), Fiber: 0.61g (2.44%), Vitamin C: 1.94mg (2.35%)