



## Easy and Quick Swiss Steak

 Dairy Free

READY IN



505 min.

SERVINGS



8

CALORIES



455 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- ☐ 58 ounce tomatoes crushed canned
- ☐ 2 pounds beef cube steaks
- ☐ 2 cups flour all-purpose
- ☐ 3 bell pepper green sliced into rings
- ☐ 4 onions sliced into rings
- ☐ 8 servings paprika to taste
- ☐ 3 bell pepper red sliced into rings
- ☐ 8 servings salt and pepper to taste

☐ 1 tablespoon vegetable oil

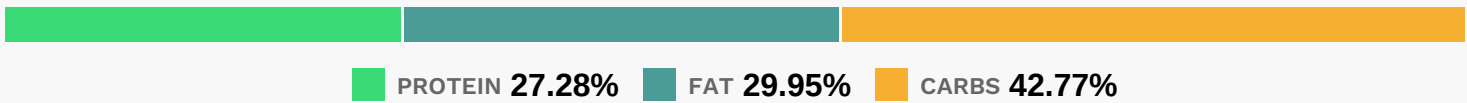
## Equipment

- ☐ bowl
- ☐ frying pan
- ☐ slow cooker

## Directions

- ☐ Heat the oil in a skillet over medium heat. In a bowl, mix the flour, salt and pepper, and paprika. Dredge the steaks in the flour mixture, and place in the skillet. Brown steaks on both sides, and remove from heat.
- ☐ In a slow cooker, alternate layers of steak, green bell pepper, red bell pepper, onion, and tomatoes.
- ☐ Cover, and cook 6 to 8 hours on Low, until steaks are very tender.

## Nutrition Facts



## Properties

Glycemic Index:24.63, Glycemic Load:23.35, Inflammation Score:-10, Nutrition Score:35.893478683803%

## Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 2.38mg, Luteolin: 2.38mg, Luteolin: 2.38mg, Luteolin: 2.38mg Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg Kaempferol: 0.39mg, Kaempferol: 0.39mg, Kaempferol: 0.39mg, Kaempferol: 0.39mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 12.25mg, Quercetin: 12.25mg, Quercetin: 12.25mg, Quercetin: 12.25mg

## Nutrients (% of daily need)

Calories: 454.77kcal (22.74%), Fat: 15.5g (23.84%), Saturated Fat: 5.39g (33.67%), Carbohydrates: 49.81g (16.6%), Net Carbohydrates: 41.73g (15.17%), Sugar: 14.61g (16.24%), Cholesterol: 81.65mg (27.22%), Sodium: 540.44mg (23.5%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 31.76g (63.53%), Vitamin C: 116mg (140.6%), Vitamin B6: 1.36mg (67.9%), Vitamin B3: 12.16mg (60.79%), Vitamin A: 2990.4IU (59.81%), Selenium: 40.28µg (57.55%), Manganese: 0.81mg (40.58%), Vitamin B1: 0.58mg (38.41%), Iron: 6.85mg (38.08%), Potassium: 1313.73mg (37.54%), Phosphorus: 370.21mg (37.02%), Zinc: 5.49mg (36.6%), Folate: 132.8µg (33.2%), Fiber: 8.08g (32.31%), Vitamin E:

4.59mg (30.58%), Copper: 0.6mg (29.75%), Vitamin B2: 0.48mg (27.99%), Vitamin B12: 1.39µg (23.25%),  
Magnesium: 91.81mg (22.95%), Vitamin K: 23.02µg (21.92%), Vitamin B5: 1.68mg (16.76%), Calcium: 125.59mg  
(12.56%)