



## Johnny's Slow Cooker London Broil

 Gluten Free  Dairy Free

READY IN



510 min.

SERVINGS



6

CALORIES



454 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 16 ounce baby carrots
- 2 cups beef broth
- 10.8 ounce cream of mushroom soup canned
- 1 teaspoon creole seasoning to taste
- 2.5 pound london broil cut into thirds
- 1 onion sliced
- 3 potatoes quartered to taste
- 0.5 cup red wine

2 tablespoons vegetable oil or as needed

## Equipment

frying pan

spatula

slow cooker

## Directions

Scatter sliced onion in the bottom of a slow cooker, then alternately layer carrots and potatoes.

Heat oil in a large skillet over medium heat and season London broil with Creole seasoning. Sear beef in hot oil until well browned, 3 to 5 minutes per side.

Transfer meat the slow cooker.

Pour beef broth, cream of mushroom soup, and red wine into the skillet used to cook the beef and bring to a simmer. Scrape any brown bits from the bottom of the skillet with a spatula.

Pour broth mixture over beef.

Cook on Low for 8 to 10 hours or cook on High for 6 hours.

## Nutrition Facts

 **PROTEIN 46.13%**  **FAT 26.17%**  **CARBS 27.7%**

## Properties

Glycemic Index:26.29, Glycemic Load:14.11, Inflammation Score:-10, Nutrition Score:36.316521312879%

## Flavonoids

Cyanidin: 0.04mg, Cyanidin: 0.04mg, Cyanidin: 0.04mg, Cyanidin: 0.04mg Petunidin: 0.4mg, Petunidin: 0.4mg, Petunidin: 0.4mg, Petunidin: 0.4mg Delphinidin: 0.4mg, Delphinidin: 0.4mg, Delphinidin: 0.4mg, Delphinidin: 0.4mg Malvidin: 2.77mg, Malvidin: 2.77mg, Malvidin: 2.77mg, Malvidin: 2.77mg Peonidin: 0.25mg, Peonidin: 0.25mg, Peonidin: 0.25mg, Peonidin: 0.25mg Catechin: 1.43mg, Catechin: 1.43mg, Catechin: 1.43mg, Catechin: 1.43mg Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg Epicatechin: 0.76mg, Epicatechin: 0.76mg, Epicatechin: 0.76mg, Epicatechin: 0.76mg Hesperetin: 0.13mg, Hesperetin: 0.13mg, Hesperetin: 0.13mg, Hesperetin: 0.13mg Naringenin: 0.35mg, Naringenin: 0.35mg, Naringenin: 0.35mg, Naringenin: 0.35mg Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin:

0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.99mg, Kaempferol: 0.99mg, Kaempferol: 0.99mg, Kaempferol: 0.99mg Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg Quercetin: 4.68mg, Quercetin: 4.68mg, Quercetin: 4.68mg, Quercetin: 4.68mg Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg

## Nutrients (% of daily need)

Calories: 454.32kcal (22.72%), Fat: 12.57g (19.33%), Saturated Fat: 3.63g (22.71%), Carbohydrates: 29.93g (9.98%), Net Carbohydrates: 24.89g (9.05%), Sugar: 5.36g (5.96%), Cholesterol: 117.83mg (39.28%), Sodium: 845.67mg (36.77%), Alcohol: 2.12g (100%), Alcohol %: 0.49% (100%), Protein: 49.85g (99.71%), Vitamin A: 10566.66IU (211.33%), Selenium: 62.01µg (88.59%), Vitamin B6: 1.75mg (87.34%), Vitamin B3: 15.72mg (78.6%), Zinc: 9.7mg (64.67%), Phosphorus: 541.25mg (54.12%), Vitamin B12: 2.69µg (44.81%), Potassium: 1498.57mg (42.82%), Iron: 5.88mg (32.64%), Vitamin C: 24.56mg (29.77%), Manganese: 0.52mg (26.03%), Copper: 0.5mg (25.25%), Vitamin B2: 0.4mg (23.57%), Magnesium: 89.2mg (22.3%), Vitamin B1: 0.31mg (20.65%), Vitamin B5: 2.04mg (20.43%), Fiber: 5.04g (20.16%), Vitamin K: 20.16µg (19.2%), Folate: 73.1µg (18.28%), Calcium: 91.69mg (9.17%), Vitamin E: 1.03mg (6.88%)