

## London Broil for the Slow Cooker

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

READY IN



**430 min.**

SERVINGS



**5**

CALORIES



**40 kcal**

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 10.8 ounce cream of mushroom soup canned
- 0.5 teaspoon basil dried
- 2 cloves garlic minced
- 0.5 teaspoon oregano dried
- 0.5 teaspoon salt
- 0.5 cup water

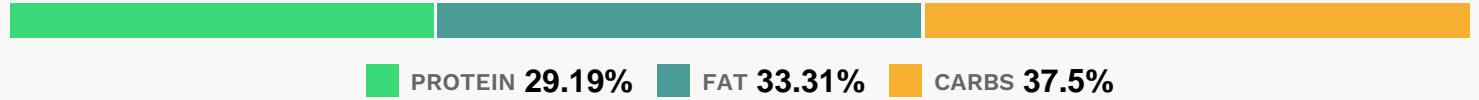
### Equipment

- slow cooker

## Directions

- Place the London broil in a slow cooker; add the garlic, mushroom soup, water, basil, oregano, and salt; cover; cook on low 6 to 7 hours.

## Nutrition Facts



## Properties

Glycemic Index:7, Glycemic Load:0.11, Inflammation Score:-2, Nutrition Score:2.1969565101292%

## Flavonoids

Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

## Nutrients (% of daily need)

Calories: 39.73kcal (1.99%), Fat: 1.48g (2.28%), Saturated Fat: 0.74g (4.61%), Carbohydrates: 3.75g (1.25%), Net Carbohydrates: 3.48g (1.27%), Sugar: 0.02g (0.02%), Cholesterol: 3.05mg (1.02%), Sodium: 666.21mg (28.97%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.92g (5.84%), Manganese: 0.22mg (11.16%), Copper: 0.13mg (6.64%), Zinc: 0.7mg (4.67%), Iron: 0.61mg (3.4%), Vitamin B3: 0.57mg (2.86%), Vitamin K: 2.98µg (2.84%), Potassium: 86.81mg (2.48%), Vitamin B2: 0.04mg (2.36%), Vitamin B6: 0.04mg (2.13%), Phosphorus: 20.08mg (2.01%), Vitamin B12: 0.1µg (1.63%), Magnesium: 6.06mg (1.52%), Folate: 5.09µg (1.27%), Vitamin B5: 0.13mg (1.26%), Calcium: 10.9mg (1.09%), Fiber: 0.27g (1.08%)