



Savory Slow Cooker Beef Tips

 Dairy Free

READY IN



370 min.

SERVINGS



6

CALORIES



318 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 pounds beef stew meat
- ☐ 21.5 ounce cream of mushroom soup canned
- ☐ 8 ounce cremini mushrooms sliced
- ☐ 1 ounce onion soup mix dry
- ☐ 2 garlic cloves minced
- ☐ 1 cup ginger ale
- ☐ 1 onion minced

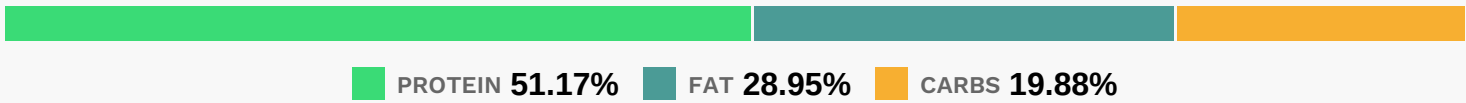
Equipment

- ☐ bowl
- ☐ slow cooker

Directions

- ☐ Place beef in a slow cooker. Stir cream of mushroom soup, dry onion soup mix, onion, garlic, cremini mushrooms, and ginger ale in a bowl until thoroughly combined and pour the mixture over the beef.
- ☐ Cover, set slow cooker to High, and cook for 1 hour; turn cooker down to Low and cook for 5 more hours.

Nutrition Facts



Properties

Glycemic Index:20, Glycemic Load:2.64, Inflammation Score:-4, Nutrition Score:23.404782321952%

Flavonoids

Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 3.74mg, Quercetin: 3.74mg, Quercetin: 3.74mg, Quercetin: 3.74mg

Nutrients (% of daily need)

Calories: 318kcal (15.9%), Fat: 10.01g (15.41%), Saturated Fat: 3.81g (23.79%), Carbohydrates: 15.47g (5.16%), Net Carbohydrates: 14.4g (5.24%), Sugar: 5.16g (5.73%), Cholesterol: 98.82mg (32.94%), Sodium: 1190.3mg (51.75%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 39.83g (79.67%), Selenium: 52.22µg (74.6%), Vitamin B3: 12.66mg (63.32%), Vitamin B6: 1.13mg (56.57%), Zinc: 7.94mg (52.92%), Vitamin B12: 3µg (49.96%), Phosphorus: 416.71mg (41.67%), Vitamin B2: 0.51mg (29.83%), Copper: 0.57mg (28.71%), Potassium: 878.16mg (25.09%), Iron: 4.16mg (23.12%), Manganese: 0.46mg (22.83%), Vitamin B5: 1.49mg (14.88%), Vitamin B1: 0.22mg (14.7%), Magnesium: 52.11mg (13.03%), Folate: 39.73µg (9.93%), Calcium: 53.56mg (5.36%), Fiber: 1.07g (4.3%), Vitamin E: 0.47mg (3.12%), Vitamin C: 1.83mg (2.22%), Vitamin K: 1.97µg (1.88%)