



Slow-Cooker Asian-Style Beef

 Dairy Free

READY IN



330 min.

SERVINGS



12

CALORIES



335 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.5 cup asian sesame dressing toasted kraft
- 0.5 cup planters cashew halves with pieces
- 6 cups rice long-grain white hot cooked
- 2 Tbsp cornstarch
- 0.5 tsp pepper red crushed
- 3 lb blade roast boneless trimmed cut into 2-inch chunks
- 3 cloves garlic minced
- 4 green onions

- 2 Tbsp oil
- 2 bell peppers red coarsely chopped
- 2 cups snow peas halved
- 0.3 cup teriyaki sauce

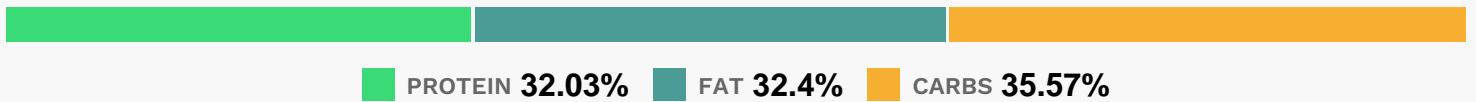
Equipment

- frying pan
- slow cooker

Directions

- Slice onions, keeping the sliced white bottoms and green tops separate.
- Heat oil in large skillet on medium-high heat.
- Add meat; cook 5 min. or until evenly browned, stirring occasionally and adding garlic for the last minute. Stir in teriyaki sauce, bell peppers, crushed pepper and white onion slices.
- Pour into slow cooker sprayed with cooking spray; cover with lid.
- Cook on LOW 5 to 6 hours (or on HIGH 3 to 4 hours).
- Mix cornstarch and dressing until blended.
- Add to slow cooker along with the snow peas and nuts; stir. Cook, uncovered, 10 min. or until slightly thickened.
- Serve over rice, topped with green onion slices.

Nutrition Facts



Properties

Glycemic Index:19.02, Glycemic Load:24.66, Inflammation Score:-7, Nutrition Score:21.820000016171%

Flavonoids

Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.49mg, Quercetin: 0.49mg, Quercetin: 0.49mg, Quercetin: 0.49mg

Nutrients (% of daily need)

Calories: 335.4kcal (16.77%), Fat: 12.12g (18.64%), Saturated Fat: 2.26g (14.11%), Carbohydrates: 29.94g (9.98%), Net Carbohydrates: 28.33g (10.3%), Sugar: 3.66g (4.07%), Cholesterol: 0mg (0%), Sodium: 387.86mg (16.86%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 26.96g (53.91%), Vitamin B6: 1.21mg (60.59%), Vitamin C: 36.2mg (43.88%), Vitamin B3: 8.3mg (41.48%), Zinc: 5.55mg (37.03%), Selenium: 25.46µg (36.38%), Phosphorus: 339.61mg (33.96%), Vitamin B12: 2.01µg (33.45%), Manganese: 0.56mg (27.87%), Vitamin K: 22.77µg (21.68%), Vitamin B2: 0.36mg (21.09%), Iron: 3.77mg (20.96%), Copper: 0.37mg (18.26%), Vitamin A: 866.93IU (17.34%), Vitamin B1: 0.26mg (17.32%), Potassium: 599.38mg (17.13%), Magnesium: 63.5mg (15.88%), Vitamin B5: 1.27mg (12.75%), Vitamin E: 1.44mg (9.6%), Fiber: 1.61g (6.42%), Folate: 22.78µg (5.7%), Calcium: 30.85mg (3.09%)