



Slow-Cooker Bavarian-Style Round Steak with Red Onions and Noodles

 Dairy Free

READY IN



490 min.

SERVINGS



8

CALORIES



443 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 teaspoon beef base
- 2.5 pounds round steak trimmed of fat cut into serving-size servings
- 2 tablespoons brown sugar packed
- 2 tablespoons apple cider vinegar
- 1 tablespoon flour all-purpose
- 2 large onion red sliced cut in half and
- 1 teaspoon salt

16 ounces extra wide egg noodles

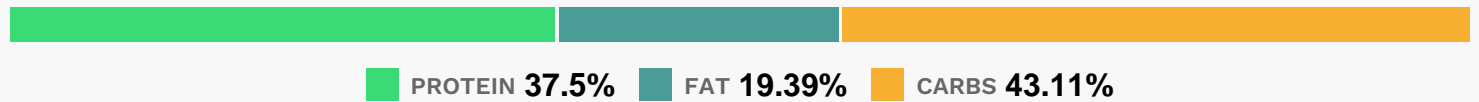
Equipment

slow cooker

Directions

- Place onions in 4- to 5-quart slow cooker. Top with brown sugar, vinegar, salt and beef base. Top with beef.
- Sprinkle flour over beef.
- Cover and cook on low heat setting 7 to 8 hours.
- About 15 minutes before serving, cook and drain noodles as directed on package. To serve, pour onions and broth over beef and noodles.

Nutrition Facts



Properties

Glycemic Index: 23.25, Glycemic Load: 18.06, Inflammation Score: -5, Nutrition Score: 23.65130456375%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 5.58mg, Quercetin: 5.58mg, Quercetin: 5.58mg, Quercetin: 5.58mg

Nutrients (% of daily need)

Calories: 443.2kcal (22.16%), Fat: 9.34g (14.37%), Saturated Fat: 3.01g (18.8%), Carbohydrates: 46.71g (15.57%), Net Carbohydrates: 44.35g (16.13%), Sugar: 5.2g (5.77%), Cholesterol: 136.94mg (45.65%), Sodium: 445.53mg (19.37%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 40.64g (81.27%), Selenium: 85.78µg (122.55%), Vitamin B3: 11.07mg (55.36%), Vitamin B6: 1.1mg (55.08%), Zinc: 7.23mg (48.18%), Vitamin B12: 2.85µg (47.43%), Phosphorus: 461.29mg (46.13%), Manganese: 0.56mg (27.97%), Iron: 4.22mg (23.45%), Potassium: 686.25mg (19.61%), Magnesium: 71.87mg (17.97%), Vitamin B2: 0.29mg (17.34%), Vitamin B1: 0.25mg (16.77%), Copper: 0.33mg (16.28%), Vitamin B5: 1.52mg (15.17%), Folate: 41.92µg (10.48%), Fiber: 2.36g (9.46%), Calcium: 57.74mg (5.77%), Vitamin E: 0.64mg (4.27%), Vitamin C: 2.04mg (2.47%), Vitamin D: 0.31µg (2.08%), Vitamin K: 2.1µg (2%)