



Slow-cooker Burgundy Beef Tips

 Dairy Free

READY IN



250 min.

SERVINGS



6

CALORIES



254 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 8 oz baby portobello mushrooms fresh sliced
- 2 pounds beef sirloin tips cut into 1-inch pieces
- 10.8 oz cream of mushroom soup canned
- 1 oz onion soup mix dry
- 0.5 cup cooking wine dry red
- 0.1 teaspoon pepper

Equipment

- slow cooker

Directions

- Stir together beef tips and remaining ingredients in a lightly greased 5-qt. slow cooker.
- Cover and cook on HIGH 4 hours or until beef is tender, stirring once after 2 hours.
- Note: Though we love the hands-off advantage of the slow cooker, this recipe works better when you can stay close by to stir it occasionally. Stirring prevents sticking and distributes ingredients evenly.

Nutrition Facts

PROTEIN 61.74% **FAT 24.94%** **CARBS 13.32%**

Properties

Glycemic Index:5.33, Glycemic Load:0.01, Inflammation Score:-3, Nutrition Score:19.469564964752%

Flavonoids

Petunidin: 0.66mg, Petunidin: 0.66mg, Petunidin: 0.66mg, Petunidin: 0.66mg Delphinidin: 0.84mg, Delphinidin: 0.84mg, Delphinidin: 0.84mg, Delphinidin: 0.84mg Malvidin: 5.25mg, Malvidin: 5.25mg, Malvidin: 5.25mg, Malvidin: 5.25mg Peonidin: 0.37mg, Peonidin: 0.37mg, Peonidin: 0.37mg, Peonidin: 0.37mg Catechin: 1.54mg, Catechin: 1.54mg, Catechin: 1.54mg, Catechin: 1.54mg Epicatechin: 2.13mg, Epicatechin: 2.13mg, Epicatechin: 2.13mg, Epicatechin: 2.13mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 0.12mg, Quercetin: 0.12mg, Quercetin: 0.12mg, Quercetin: 0.12mg

Nutrients (% of daily need)

Calories: 254.31kcal (12.72%), Fat: 6.43g (9.9%), Saturated Fat: 2.37g (14.82%), Carbohydrates: 7.73g (2.58%), Net Carbohydrates: 6.81g (2.48%), Sugar: 1.16g (1.29%), Cholesterol: 85.7mg (28.57%), Sodium: 830.68mg (36.12%), Alcohol: 2.1g (100%), Alcohol %: 1.01% (100%), Protein: 35.83g (71.66%), Selenium: 50.81µg (72.59%), Vitamin B3: 11.84mg (59.2%), Vitamin B6: 1.05mg (52.67%), Zinc: 7.06mg (47.05%), Phosphorus: 372.52mg (37.25%), Vitamin B12: 1.99µg (33.17%), Potassium: 745.74mg (21.31%), Copper: 0.37mg (18.68%), Iron: 3.23mg (17.93%), Vitamin B2: 0.3mg (17.54%), Vitamin B5: 1.52mg (15.18%), Vitamin B1: 0.18mg (11.92%), Manganese: 0.23mg (11.74%), Magnesium: 41.24mg (10.31%), Folate: 32.29µg (8.07%), Calcium: 40.35mg (4.03%), Fiber: 0.92g (3.66%), Vitamin E: 0.42mg (2.82%), Vitamin K: 1.8µg (1.71%)