



Slow-Cooker Easy Slow-Cooker Pot-Roasted Steak

 Dairy Free  Very Healthy

READY IN



310 min.

SERVINGS



4

CALORIES



296 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1.5 lb top round boneless ()
- 0.5 teaspoon paprika
- 0.3 teaspoon pepper
- 1 cup baby carrots (2x)
- 4.5 oz mushrooms undrained sliced
- 10.8 oz cream of mushroom soup canned
- 2 tablespoons onion soup mix dry (from 1-oz package)

Equipment

- bowl
- slow cooker

Directions

- Spray 3- to 3 1/2-quart slow cooker with cooking spray.
- Sprinkle beef with paprika and pepper; cut into 4 serving pieces.
- Place in slow cooker.
- In medium bowl, mix carrots, mushrooms, soup and soup mix; pour over beef.
- Cover; cook on Low heat setting 5 to 6 hours.
- Serve steak topped with gravy and vegetables.

Nutrition Facts

PROTEIN 61.52% **FAT 24.21%** **CARBS 14.27%**

Properties

Glycemic Index:19.75, Glycemic Load:0.25, Inflammation Score:-10, Nutrition Score:28.470869476381%

Nutrients (% of daily need)

Calories: 296.12kcal (14.81%), Fat: 7.76g (11.94%), Saturated Fat: 2.91g (18.19%), Carbohydrates: 10.29g (3.43%), Net Carbohydrates: 8.53g (3.1%), Sugar: 2.36g (2.62%), Cholesterol: 107.57mg (35.86%), Sodium: 976.96mg (42.48%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 44.37g (88.73%), Vitamin A: 4537.18IU (90.74%), Selenium: 57.72µg (82.46%), Vitamin B3: 13.8mg (68.99%), Vitamin B6: 1.28mg (63.99%), Zinc: 8.89mg (59.24%), Phosphorus: 448.4mg (44.84%), Vitamin B12: 2.43µg (40.52%), Potassium: 942.12mg (26.92%), Vitamin B2: 0.45mg (26.42%), Iron: 4.44mg (24.67%), Copper: 0.48mg (24.22%), Vitamin B5: 1.95mg (19.46%), Manganese: 0.36mg (18.03%), Vitamin B1: 0.22mg (14.91%), Magnesium: 56.84mg (14.21%), Folate: 43.35µg (10.84%), Fiber: 1.77g (7.06%), Calcium: 58.15mg (5.82%), Vitamin K: 5.51µg (5.24%), Vitamin E: 0.58mg (3.84%), Vitamin C: 1.63mg (1.98%)