



Slow-Cooker French Onion Beef

READY IN



520 min.

SERVINGS



6

CALORIES



403 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1.3 lb round steak boneless ()
- 8 oz mushrooms fresh sliced (3 cups)
- 1 large onion separated sliced
- 10.5 oz campbell's® condensed onion soup french canned
- 6 oz bread stuffing mix
- 0.3 cup butter melted
- 4 oz mozzarella cheese shredded

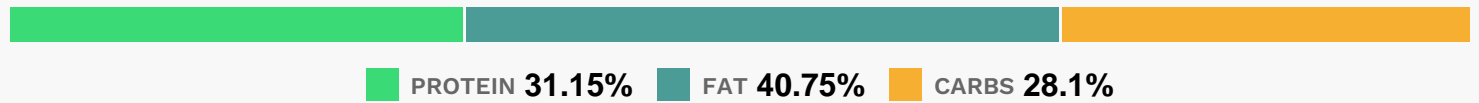
Equipment

- bowl
- slow cooker

Directions

- Spray 3 1/2- to 4-quart slow cooker with cooking spray.
- Cut beef into 6 serving-size pieces. In cooker, layer half each of the beef, mushrooms and onion; repeat layers.
- Pour soup over top.
- Cover; cook on Low heat setting 8 to 10 hours.
- In medium bowl, mix stuffing mix, butter and 1/2 cup liquid from slow cooker; toss to mix.
- Place stuffing on top of mixture in cooker. Increase heat setting to High. Cover; cook 10 minutes longer or until stuffing is fluffy.
- Sprinkle with cheese. Cover; cook until cheese is melted.

Nutrition Facts



Properties

Glycemic Index:14.33, Glycemic Load:0.9, Inflammation Score:-6, Nutrition Score:20.278260821882%

Flavonoids

Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 5.07mg, Quercetin: 5.07mg, Quercetin: 5.07mg, Quercetin: 5.07mg

Nutrients (% of daily need)

Calories: 402.61kcal (20.13%), Fat: 18.06g (27.79%), Saturated Fat: 6.28g (39.22%), Carbohydrates: 28.03g (9.34%), Net Carbohydrates: 25.92g (9.43%), Sugar: 5.92g (6.58%), Cholesterol: 76.73mg (25.58%), Sodium: 918.75mg (39.95%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 31.07g (62.13%), Selenium: 47.49µg (67.84%), Vitamin B3: 9.57mg (47.86%), Vitamin B6: 0.75mg (37.48%), Vitamin B12: 2.25µg (37.45%), Phosphorus: 358.6mg (35.86%), Zinc: 5.11mg (34.06%), Vitamin B2: 0.48mg (28.49%), Potassium: 797.69mg (22.79%), Vitamin B1: 0.31mg (20.5%), Iron: 3.41mg (18.93%), Folate: 72.51µg (18.13%), Calcium: 159.5mg (15.95%), Copper: 0.29mg (14.75%), Vitamin B5: 1.38mg (13.82%), Manganese: 0.24mg (11.87%), Magnesium: 44.93mg (11.23%), Vitamin A: 467.15IU (9.34%), Fiber: 2.11g (8.43%), Vitamin E: 0.73mg (4.86%), Vitamin C: 2.66mg (3.23%), Vitamin K: 1.98µg (1.89%), Vitamin D: 0.25µg (1.64%)