



Slow-Cooker French Onion Beef

 Popular

READY IN



520 min.

SERVINGS



6

CALORIES



467 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

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

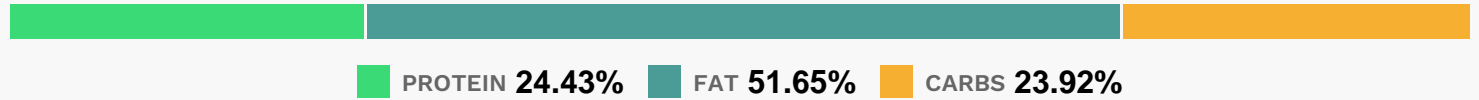
Equipment

- 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:18.188260850699%

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: 466.87kcal (23.34%), Fat: 26.91g (41.4%), Saturated Fat: 10.67g (66.7%), Carbohydrates: 28.03g (9.34%), Net Carbohydrates: 25.92g (9.43%), Sugar: 5.92g (6.58%), Cholesterol: 74.84mg (24.95%), Sodium: 914.03mg (39.74%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 28.64g (57.28%), Selenium: 43.52µg (62.17%), Zinc: 5.9mg (39.35%), Vitamin B3: 7.68mg (38.38%), Vitamin B12: 2.03µg (33.83%), Vitamin B2: 0.56mg (32.71%), Phosphorus: 284.89mg (28.49%), Vitamin B6: 0.5mg (24.86%), Potassium: 718.31mg (20.52%), Vitamin B1: 0.3mg (20.06%), Iron: 3.03mg (16.83%), Folate: 63.06µg (15.76%), Calcium: 147.22mg (14.72%), Copper: 0.27mg (13.66%), Manganese: 0.22mg (11.2%), Magnesium: 41.15mg (10.29%), Vitamin A: 481.33IU (9.63%), Fiber: 2.11g (8.43%), Vitamin B5: 0.74mg (7.44%), Vitamin C: 2.66mg (3.23%), Vitamin E: 0.45mg (2.97%), Vitamin K: 2.26µg (2.16%), Vitamin D: 0.25µg (1.64%)