



Slow-Cooker Greek Beef Bites

 Gluten Free

READY IN



340 min.

SERVINGS



20

CALORIES



144 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 3 pounds beef chuck boneless trimmed of fat
- 2 tablespoons vegetable oil
- 4 cloves garlic finely chopped
- 1 tablespoon oregano dried
- 1.5 teaspoons salt
- 0.5 teaspoon pepper
- 4 tablespoons lemon zest grated
- 1 cup yogurt

0.5 teaspoon salt

Equipment

- bowl
- frying pan
- toothpicks
- slow cooker

Directions

- Cut beef into 1- to 1 1/2-inch pieces.
- Heat oil in 12-inch skillet over medium-high heat. Cook beef in oil, in batches if necessary, 8 to 10 minutes, turning occasionally, until brown on all sides.
- Place beef in 3- to 4-quart slow cooker.
- Sprinkle with garlic, oregano, 1 1/2 teaspoons salt, the pepper and 3 tablespoons of the lemon peel; toss to mix.
- Cover and cook on Low heat setting 4 to 5 hours.
- Stir together yogurt, cucumber, 1/2 teaspoon salt and remaining 1 tablespoon lemon peel in small bowl.
- Serve beef with toothpicks for dipping into yogurt sauce. Beef bites will hold on Low heat setting up to 2 hours; stir occasionally.

Nutrition Facts



Properties

Glycemic Index:4.3, Glycemic Load:0.17, Inflammation Score:-3, Nutrition Score:8.0156520916068%

Flavonoids

Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 144.21kcal (7.21%), Fat: 9.59g (14.75%), Saturated Fat: 3.9g (24.38%), Carbohydrates: 1.17g (0.39%), Net Carbohydrates: 0.91g (0.33%), Sugar: 0.64g (0.71%), Cholesterol: 48.54mg (16.18%), Sodium: 293.54mg (12.76%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 13.56g (27.12%), Zinc: 5.21mg (34.71%), Vitamin B12: 1.9µg (31.71%), Selenium: 14.39µg (20.56%), Vitamin B3: 2.97mg (14.86%), Phosphorus: 141.74mg (14.17%), Vitamin B6: 0.28mg (13.84%), Iron: 1.54mg (8.56%), Potassium: 253.07mg (7.23%), Vitamin B2: 0.12mg (7%), Vitamin K: 5.19µg (4.95%), Vitamin B5: 0.48mg (4.76%), Magnesium: 15.49mg (3.87%), Vitamin B1: 0.05mg (3.39%), Calcium: 33.44mg (3.34%), Copper: 0.05mg (2.4%), Vitamin C: 1.8mg (2.18%), Vitamin E: 0.3mg (1.98%), Manganese: 0.04mg (1.84%), Fiber: 0.26g (1.03%)