



Slow Cooker Hungarian Goulash

READY IN



505 min.

SERVINGS



8

CALORIES



703 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 bay leaf
- 14.5 ounce canned tomatoes diced canned
- 7 cups elbow macaroni
- 2 tablespoons flour all-purpose
- 1 teaspoon garlic salt
- 0.5 teaspoon ground pepper black
- 1 cup onion chopped
- 1.5 teaspoons paprika
- 2 pounds round steak cut into 1-inch cubes

1 cup cup heavy whipping cream sour

Equipment

bowl

slow cooker

Directions

Combine steak and onion in a slow cooker.

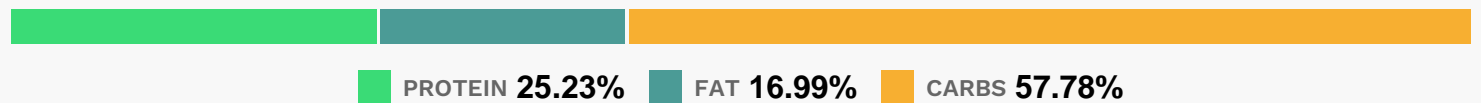
Mix flour, paprika, garlic salt, and black pepper together in a bowl; pour over steak and onion. Stir the mixture to coat beef with flour mixture.

Add tomatoes and bay leaf.

Cook on Low until steak is completely tender, 8 to 10 hours.

Remove and discard bay leaf. Stir sour cream through the mixture. Switch slow cooker to High and cook until hot, about 15 minutes.

Nutrition Facts



Properties

Glycemic Index:23.38, Glycemic Load:2.53, Inflammation Score:-7, Nutrition Score:28.234782623208%

Flavonoids

Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 4.06mg, Quercetin: 4.06mg, Quercetin: 4.06mg, Quercetin: 4.06mg

Nutrients (% of daily need)

Calories: 702.84kcal (35.14%), Fat: 13.08g (20.13%), Saturated Fat: 5.14g (32.13%), Carbohydrates: 100.14g (33.38%), Net Carbohydrates: 94.69g (34.43%), Sugar: 7.4g (8.23%), Cholesterol: 88.4mg (29.47%), Sodium: 440.53mg (19.15%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 43.73g (87.46%), Selenium: 111.99µg (159.99%), Manganese: 1.3mg (64.93%), Vitamin B3: 10.74mg (53.68%), Phosphorus: 530.78mg (53.08%), Vitamin B6: 1.05mg (52.57%), Zinc: 6.89mg (45.94%), Vitamin B12: 2.2µg (36.73%), Copper: 0.58mg (29.14%), Magnesium: 109.74mg (27.44%), Iron: 4.91mg (27.29%), Potassium: 900.37mg (25.72%), Fiber: 5.45g (21.81%), Vitamin B2: 0.35mg (20.76%), Vitamin B1: 0.29mg (19.17%), Vitamin B5: 1.58mg (15.77%), Folate: 52.66µg (13.16%), Calcium: 101.49mg (10.15%), Vitamin A: 476.15IU (9.52%), Vitamin E: 1.34mg (8.95%), Vitamin C: 6.48mg (7.85%), Vitamin K: 5.23µg

(4.98%)