



 **62%**
HEALTH SCORE

Slow Cooker Island Beef

 **Gluten Free**  **Dairy Free**  **Very Healthy**

READY IN



450 min.

SERVINGS



6

CALORIES



400 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.5 cup beef broth
- 2.5 pounds beef stew meat cubed
- 3 tablespoons brown sugar
- 1.5 tablespoons cornstarch
- 2 garlic cloves crushed
- 1 bell pepper diced green
- 0.8 teaspoon ground paprika
- 0.3 teaspoon ground pepper black

- 2 large onions cut into wedges
- 20 ounce pineapple chunks in juice unsweetened undrained canned
- 1 bell pepper diced red
- 2 tablespoons red wine vinegar
- 0.8 teaspoon lawry's seasoned salt
- 2 tablespoons soya sauce
- 2 large tomatoes cut into wedges

Equipment

- bowl
- slow cooker

Directions

- Drain the pineapple juice into a slow cooker, reserving the pineapple chunks.
- Place the beef, onions, beef broth, 3 tablespoons red wine vinegar, garlic, seasoned salt, paprika, and black pepper into the slow cooker with the juice.
- Mix well, cover, and cook on Low until the beef is tender, 6 to 6 1/2 hours.
- Increase the setting to High and stir in green bell pepper, red bell pepper, and brown sugar. In a small bowl, mix together the cornstarch, soy sauce, and 2 tablespoons red wine vinegar until smooth; stir the mixture into the slow cooker, blending well. Cover and cook for 1 more hour. Just before serving, lightly stir in the tomatoes and reserved pineapple chunks.

Nutrition Facts



PROTEIN 45.15% **FAT 22.24%** **CARBS 32.61%**

Properties

Glycemic Index:33.17, Glycemic Load:2.11, Inflammation Score:-9, Nutrition Score:31.049130605615%

Flavonoids

Naringenin: 0.41mg, Naringenin: 0.41mg, Naringenin: 0.41mg, Naringenin: 0.41mg Luteolin: 1.07mg, Luteolin: 1.07mg, Luteolin: 1.07mg, Luteolin: 1.07mg Isorhamnetin: 2.51mg, Isorhamnetin: 2.51mg, Isorhamnetin: 2.51mg, Isorhamnetin: 2.51mg Kaempferol: 0.4mg, Kaempferol: 0.4mg, Kaempferol: 0.4mg, Kaempferol: 0.4mg Myricetin: 0.11mg,

Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg Quercetin: 11mg, Quercetin: 11mg, Quercetin: 11mg, Quercetin: 11mg

Nutrients (% of daily need)

Calories: 400.11kcal (20.01%), Fat: 9.83g (15.13%), Saturated Fat: 3.31g (20.69%), Carbohydrates: 32.44g (10.81%), Net Carbohydrates: 28.68g (10.43%), Sugar: 24.46g (27.18%), Cholesterol: 117.18mg (39.06%), Sodium: 816.07mg (35.48%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 44.91g (89.82%), Vitamin B6: 1.55mg (77.51%), Selenium: 53.48µg (76.4%), Vitamin C: 62.57mg (75.84%), Vitamin B3: 14.18mg (70.9%), Vitamin B12: 3.51µg (58.51%), Zinc: 8.27mg (55.16%), Phosphorus: 464.89mg (46.49%), Potassium: 1099.38mg (31.41%), Vitamin A: 1371.65IU (27.43%), Iron: 4.91mg (27.28%), Vitamin B1: 0.35mg (23.1%), Vitamin B2: 0.39mg (22.78%), Magnesium: 80.02mg (20%), Copper: 0.38mg (18.83%), Folate: 60.71µg (15.18%), Fiber: 3.76g (15.02%), Manganese: 0.28mg (13.89%), Vitamin B5: 1.07mg (10.7%), Vitamin K: 10.72µg (10.21%), Vitamin E: 1.38mg (9.23%), Calcium: 82.62mg (8.26%)