



## Slow-Cooker Italian Smothered Steak

READY IN



570 min.

SERVINGS



6

CALORIES



384 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 2 pounds round steak boneless
- 0.5 teaspoon lawry's seasoned salt
- 0.3 teaspoon pepper
- 1 medium onion sliced
- 26 ounces pasta sauce (any variety)
- 9 ounces cheese tortellini refrigerated
- 1 cup zucchini

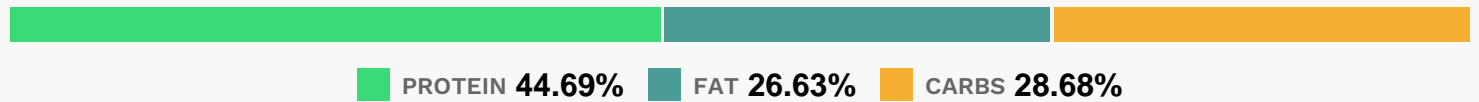
### Equipment

slow cooker

## Directions

- Cut beef into 6 serving-size pieces; sprinkle with seasoned salt and pepper.
- Layer beef and onion in 3- to 4-quart slow cooker.
- Pour pasta sauce over top.
- Cover and cook on Low heat setting 8 to 9 hours.
- About 20 minutes before serving, stir in tortellini and zucchini. Increase heat setting to High. Cover and cook 15 to 20 minutes or until tortellini are tender.

## Nutrition Facts



## Properties

Glycemic Index:28.17, Glycemic Load:10.98, Inflammation Score:-6, Nutrition Score:23.887826079908%

## Flavonoids

Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 3.86mg, Quercetin: 3.86mg, Quercetin: 3.86mg, Quercetin: 3.86mg

## Nutrients (% of daily need)

Calories: 384.47kcal (19.22%), Fat: 11.3g (17.38%), Saturated Fat: 3.74g (23.39%), Carbohydrates: 27.39g (9.13%), Net Carbohydrates: 23.39g (8.51%), Sugar: 6.86g (7.62%), Cholesterol: 111.41mg (37.14%), Sodium: 1049.23mg (45.62%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 42.66g (85.32%), Selenium: 44.12µg (63.02%), Vitamin B6: 1.18mg (59.16%), Vitamin B3: 11.77mg (58.83%), Vitamin B12: 2.86µg (47.63%), Zinc: 6.86mg (45.7%), Phosphorus: 382.13mg (38.21%), Iron: 5.59mg (31.08%), Potassium: 978.93mg (27.97%), Vitamin B2: 0.35mg (20.64%), Vitamin C: 13.66mg (16.55%), Fiber: 4g (15.99%), Copper: 0.31mg (15.67%), Magnesium: 61.93mg (15.48%), Vitamin E: 2.25mg (15.01%), Vitamin B5: 1.47mg (14.66%), Vitamin B1: 0.19mg (12.73%), Calcium: 115.62mg (11.56%), Vitamin A: 574.09IU (11.48%), Manganese: 0.22mg (11.2%), Folate: 39.17µg (9.79%), Vitamin K: 6.35µg (6.05%), Vitamin D: 0.15µg (1.01%)