



Slow-Cooker Italian Smothered Steak

READY IN



570 min.

SERVINGS



6

CALORIES



487 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

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

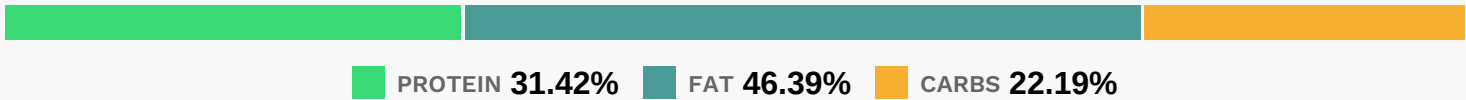
Equipment

☐ 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:20.546521736228%

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: 487.28kcal (24.36%), Fat: 25.45g (39.15%), Saturated Fat: 10.78g (67.36%), Carbohydrates: 27.39g (9.13%), Net Carbohydrates: 23.39g (8.51%), Sugar: 6.86g (7.62%), Cholesterol: 108.39mg (36.13%), Sodium: 1041.67mg (45.29%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 38.78g (77.55%), Zinc: 8.13mg (54.17%), Selenium: 37.77µg (53.95%), Vitamin B3: 8.74mg (43.68%), Vitamin B12: 2.51µg (41.83%), Vitamin B6: 0.78mg (38.98%), Iron: 4.99mg (27.72%), Vitamin B2: 0.47mg (27.4%), Phosphorus: 264.19mg (26.42%), Potassium: 851.92mg (24.34%), Vitamin C: 13.66mg (16.55%), Fiber: 4g (15.99%), Magnesium: 55.88mg (13.97%), Copper: 0.28mg (13.93%), Vitamin B1: 0.18mg (12.02%), Vitamin E: 1.8mg (11.99%), Vitamin A: 596.77IU (11.94%), Manganese: 0.2mg (10.14%), Calcium: 95.97mg (9.6%), Vitamin K: 6.81µg (6.48%), Folate: 24.05µg (6.01%), Vitamin B5: 0.45mg (4.45%), Vitamin D: 0.15µg (1.01%)