



Slow-Cooker Italian Steak Roll for Two

 Gluten Free  Dairy Free

READY IN



370 min.

SERVINGS



2

CALORIES



293 kcal

Ingredients

- 0.8 cup gravy (from 12-oz jar)
- 0.8 lb round steak trimmed of fat (1/)
- 0.5 cup mushrooms fresh sliced
- 1 clove garlic minced
- 0.5 teaspoon seasoning dried italian
- 1 slice onion halved thin
- 0.3 teaspoon pepper
- 1 medium plum tomatoes italian sliced cut into quarters,
- 0.3 teaspoon salt

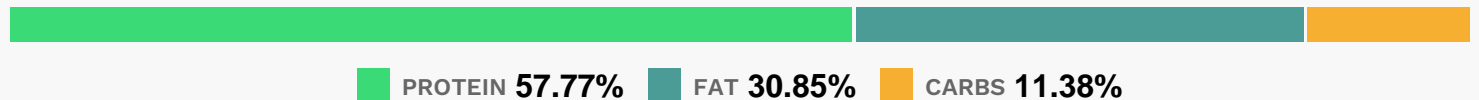
Equipment

- bowl
- slow cooker

Directions

- Place steak on work surface; sprinkle with Italian seasoning, salt and pepper. Top with onion slice halves.
- Roll up beef, jelly-roll fashion, with onion inside; tie with string.
- In 2- to 3-quart slow cooker, place beef roll, seam side down.
- Sprinkle garlic, mushrooms and tomato around roll. Spoon gravy over roll.
- Cover; cook on Low setting 5 to 6 hours.
- Remove beef roll from slow cooker; place on serving platter.
- Remove string; cut roll into slices. Stir gravy mixture in slow cooker until blended; pour into serving bowl.
- Serve beef roll slices with gravy.

Nutrition Facts



Properties

Glycemic Index:82, Glycemic Load:0.81, Inflammation Score:-5, Nutrition Score:22.546086508295%

Flavonoids

Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg Isorhamnetin: 0.35mg, Isorhamnetin: 0.35mg, Isorhamnetin: 0.35mg, Isorhamnetin: 0.35mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 1.63mg, Quercetin: 1.63mg, Quercetin: 1.63mg, Quercetin: 1.63mg

Nutrients (% of daily need)

Calories: 293.15kcal (14.66%), Fat: 9.81g (15.1%), Saturated Fat: 3.57g (22.31%), Carbohydrates: 8.14g (2.71%), Net Carbohydrates: 7.1g (2.58%), Sugar: 3.12g (3.47%), Cholesterol: 114.24mg (38.08%), Sodium: 796.43mg (34.63%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 41.35g (82.7%), Selenium: 51.16µg (73.09%), Vitamin B3: 12.83mg

(64.17%), Vitamin B6: 1.22mg (60.78%), Vitamin B12: 3.22µg (53.74%), Zinc: 7.52mg (50.14%), Phosphorus: 411.16mg (41.12%), Vitamin B2: 0.39mg (22.72%), Iron: 4.06mg (22.56%), Potassium: 774.45mg (22.13%), Vitamin B5: 1.56mg (15.61%), Copper: 0.28mg (14.02%), Vitamin B1: 0.2mg (13.33%), Magnesium: 50.95mg (12.74%), Folate: 33.45µg (8.36%), Manganese: 0.16mg (8.11%), Vitamin K: 8.06µg (7.68%), Vitamin C: 5.75mg (6.97%), Vitamin A: 268.38IU (5.37%), Vitamin E: 0.78mg (5.18%), Calcium: 51.44mg (5.14%), Fiber: 1.04g (4.15%), Vitamin D: 0.22µg (1.45%)