



## Slow Cooker London Broil

 Dairy Free  Popular

READY IN



610 min.

SERVINGS



8

CALORIES



214 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 10.8 ounce cream of mushroom soup canned
- 10.8 ounce condensed tomato soup canned
- 1 ounce onion soup mix dry
- 2 pounds flank steak

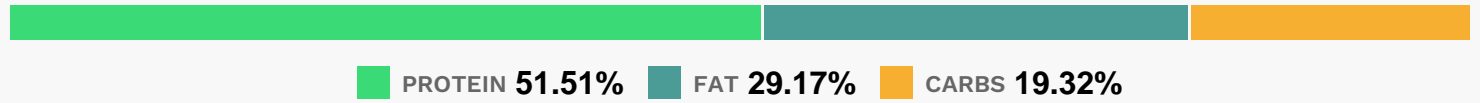
### Equipment

- bowl
- slow cooker

## Directions

- Place meat in the bottom of the slow cooker; if necessary, slice meat to make it fit!
- In a medium bowl, mix together mushroom and tomato soup.
- Pour mixture over beef.
- Sprinkle dry onion soup mix over top.
- Cover, and cook on Low for 8 to 10 hours.

## Nutrition Facts



## Properties

Glycemic Index:4.56, Glycemic Load:1.96, Inflammation Score:-3, Nutrition Score:13.678260772125%

## Flavonoids

Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

## Nutrients (% of daily need)

Calories: 214.12kcal (10.71%), Fat: 6.76g (10.41%), Saturated Fat: 2.86g (17.85%), Carbohydrates: 10.08g (3.36%), Net Carbohydrates: 9.36g (3.4%), Sugar: 3.3g (3.67%), Cholesterol: 69.94mg (23.31%), Sodium: 758.4mg (32.97%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 26.87g (53.75%), Selenium: 34.77µg (49.67%), Vitamin B3: 7.78mg (38.92%), Vitamin B6: 0.75mg (37.73%), Zinc: 4.87mg (32.47%), Phosphorus: 259.4mg (25.94%), Potassium: 674.33mg (19.27%), Vitamin B12: 1.09µg (18.21%), Iron: 2.28mg (12.68%), Manganese: 0.2mg (10.14%), Vitamin B2: 0.17mg (9.92%), Copper: 0.19mg (9.53%), Magnesium: 35.07mg (8.77%), Vitamin B5: 0.82mg (8.17%), Vitamin B1: 0.12mg (7.68%), Vitamin C: 5.03mg (6.1%), Folate: 17.41µg (4.35%), Calcium: 35.36mg (3.54%), Vitamin E: 0.46mg (3.09%), Vitamin A: 149.86IU (3%), Fiber: 0.73g (2.92%), Vitamin K: 2.63µg (2.5%)