



## Slow Cooker Manly Stew

 Dairy Free

READY IN



490 min.

SERVINGS



12

CALORIES



203 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 1.3 ounce beef with onion soup mix
- 3 pounds beef stew meat
- 10.8 ounce condensed cheddar cheese soup canned
- 10.8 ounce cream of mushroom soup canned

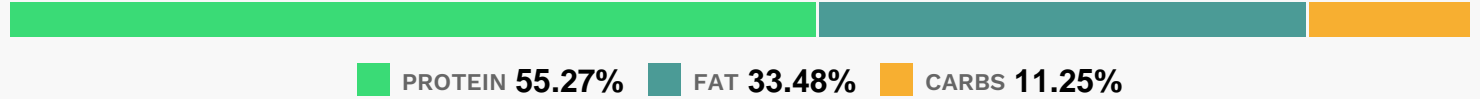
### Equipment

- slow cooker

## Directions

- Pour the cream of mushroom soup, cheese soup and onion soup mix into a slow cooker, and mix well.
- Add beef, cover and cook on Low for 8 hours, or on High for 4 to 5 hours.

## Nutrition Facts



## Properties

Glycemic Index:0, Glycemic Load:0, Inflammation Score:-2, Nutrition Score:13.515217303906%

## Nutrients (% of daily need)

Calories: 203.47kcal (10.17%), Fat: 7.27g (11.18%), Saturated Fat: 2.64g (16.52%), Carbohydrates: 5.49g (1.83%), Net Carbohydrates: 5.05g (1.83%), Sugar: 0.55g (0.61%), Cholesterol: 72.59mg (24.2%), Sodium: 613.8mg (26.69%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 27g (53.99%), Selenium: 31.56µg (45.08%), Vitamin B3: 7.93mg (39.67%), Vitamin B6: 0.77mg (38.39%), Vitamin B12: 2.14µg (35.64%), Zinc: 5.03mg (33.53%), Phosphorus: 257.4mg (25.74%), Potassium: 554.77mg (15.85%), Iron: 2.55mg (14.17%), Vitamin B2: 0.2mg (12.05%), Copper: 0.17mg (8.62%), Vitamin B1: 0.12mg (7.92%), Magnesium: 30.77mg (7.69%), Vitamin B5: 0.57mg (5.68%), Manganese: 0.11mg (5.59%), Folate: 16.52µg (4.13%), Calcium: 34.91mg (3.49%), Vitamin E: 0.34mg (2.29%), Vitamin A: 102.79IU (2.06%), Fiber: 0.45g (1.8%), Vitamin K: 1.4µg (1.34%)