



## Slow-Cooker Mushroom Swiss Steak and Gravy

READY IN



500 min.

SERVINGS



6

CALORIES



250 kcal

SAUCE

### Ingredients

- 1 cup onion chopped
- 1 cup carrots sliced
- 4 oz mushroom stems and pieces drained canned
- 1.5 lb round steak boneless cut into serving-size pieces
- 0.3 teaspoon pepper
- 18 oz cream of mushroom soup canned
- 8 oz tomato sauce canned

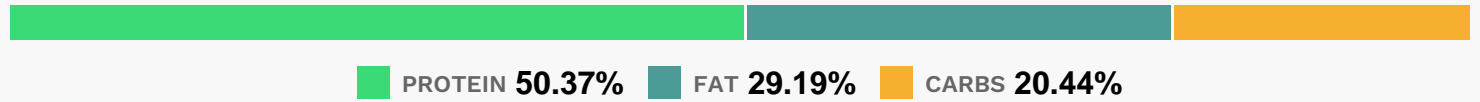
# Equipment

- bowl
- whisk
- slotted spoon
- slow cooker

# Directions

- In 3- to 4-quart slow cooker, layer onion, carrots, mushrooms and beef.
- Sprinkle pepper over beef. In medium bowl, mix soup and tomato sauce; pour over beef.
- Cover; cook on Low heat setting 8 to 10 hours.
- Place beef on serving platter. With slotted spoon, remove vegetables from cooker and spoon over beef. Stir gravy in cooker with wire whisk to blend.
- Serve gravy with beef.

# Nutrition Facts



# Properties

Glycemic Index:25.14, Glycemic Load:1.89, Inflammation Score:-10, Nutrition Score:21.404782740966%

# Flavonoids

Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 5.46mg, Quercetin: 5.46mg, Quercetin: 5.46mg, Quercetin: 5.46mg

# Nutrients (% of daily need)

Calories: 249.92kcal (12.5%), Fat: 7.96g (12.25%), Saturated Fat: 2.99g (18.67%), Carbohydrates: 12.54g (4.18%), Net Carbohydrates: 10.58g (3.85%), Sugar: 3.79g (4.21%), Cholesterol: 76.45mg (25.48%), Sodium: 925.16mg (40.22%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 30.9g (61.8%), Vitamin A: 3728.61IU (74.57%), Selenium: 32.82µg (46.88%), Vitamin B3: 9.21mg (46.04%), Vitamin B6: 0.89mg (44.4%), Zinc: 5.98mg (39.87%), Vitamin B12: 2.28µg (37.99%), Phosphorus: 301.95mg (30.19%), Potassium: 845.77mg (24.16%), Iron: 3.49mg (19.39%), Manganese: 0.39mg (19.35%), Copper: 0.35mg (17.46%), Vitamin B2: 0.28mg (16.48%), Vitamin B5: 1.14mg (11.36%), Magnesium:

45.34mg (11.34%), Vitamin B1: 0.16mg (10.68%), Folate: 33.23 $\mu$ g (8.31%), Fiber: 1.96g (7.84%), Vitamin C: 5.88mg (7.12%), Vitamin E: 1.03mg (6.88%), Calcium: 60.22mg (6.02%), Vitamin K: 5.48 $\mu$ g (5.22%)