



## Slow-Cooker Roast Beef Hash

 **Gluten Free**  **Dairy Free**  **Very Healthy**

READY IN



540 min.

SERVINGS



6

CALORIES



320 kcal

SIDE DISH

### Ingredients

- 1 cup onion chopped
- 2 lb top round trimmed of fat cut into 1/2-inch cubes
- 0.5 teaspoon salt
- 0.5 teaspoon pepper
- 1 package brown gravy mix (0.87 to 1.2 oz)
- 1 cup water
- 3.5 cups potatoes frozen with onions and peppers (from 28-oz bag)
- 1 cup peas sweet frozen

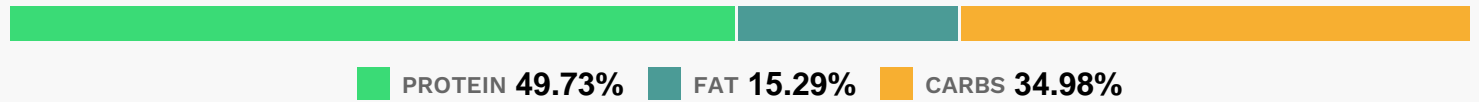
# Equipment

slow cooker

# Directions

- In 3 1/2- to 4-quart slow cooker, layer onion, beef, salt, pepper and dry gravy mix.
- Pour water over all.
- Cover; cook on Low heat setting 8 to 9 hours. Meanwhile, thaw potatoes in refrigerator.
- About 30 minutes before serving, stir in thawed potatoes and frozen peas. Increase heat setting to High. Cover; cook 25 to 30 minutes or until potatoes and peas are tender.

# Nutrition Facts



# Properties

Glycemic Index:31.18, Glycemic Load:17.17, Inflammation Score:-6, Nutrition Score:26.107826087786%

# Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg Kaempferol: 1.15mg, Kaempferol: 1.15mg, Kaempferol: 1.15mg, Kaempferol: 1.15mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 6.27mg, Quercetin: 6.27mg, Quercetin: 6.27mg, Quercetin: 6.27mg

# Nutrients (% of daily need)

Calories: 320.1kcal (16%), Fat: 5.34g (8.21%), Saturated Fat: 1.81g (11.3%), Carbohydrates: 27.49g (9.16%), Net Carbohydrates: 22.92g (8.34%), Sugar: 3.46g (3.85%), Cholesterol: 92.23mg (30.74%), Sodium: 303.12mg (13.18%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 39.07g (78.13%), Vitamin B6: 1.46mg (73.07%), Selenium: 49.18µg (70.25%), Vitamin B3: 12.23mg (61.15%), Zinc: 7.62mg (50.78%), Phosphorus: 442.6mg (44.26%), Vitamin C: 35.77mg (43.36%), Vitamin B12: 2.04µg (34.02%), Potassium: 1179.85mg (33.71%), Iron: 4.36mg (24.24%), Vitamin B1: 0.32mg (21.22%), Magnesium: 77.3mg (19.33%), Fiber: 4.57g (18.27%), Manganese: 0.36mg (18.19%), Copper: 0.36mg (17.78%), Vitamin B2: 0.3mg (17.7%), Folate: 61.57µg (15.39%), Vitamin B5: 1.45mg (14.49%), Vitamin K: 10.51µg (10.01%), Calcium: 62.18mg (6.22%), Vitamin A: 188.77IU (3.78%), Vitamin E: 0.49mg (3.26%)