



Slow-Cooker Salsa Swiss Steak



Gluten Free



Dairy Free

READY IN



620 min.

SERVINGS



5

CALORIES



250 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 teaspoons cooking oil
- ☐ 1.5 lb top round boneless trimmed of fat cut into 5 pieces
- ☐ 0.5 teaspoon salt
- ☐ 0.3 teaspoon pepper
- ☐ 1 medium onion halved lengthwise sliced
- ☐ 0.5 medium bell pepper green cut into bite-sized strips
- ☐ 10.8 oz cream of mushroom soup canned
- ☐ 0.8 cup salsa thick

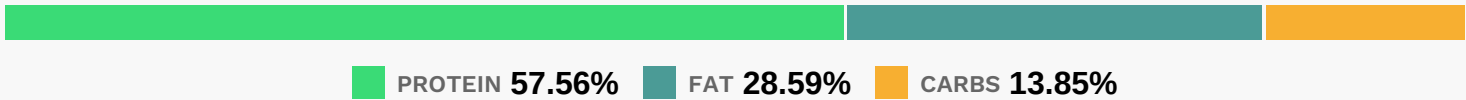
Equipment

- ☐ frying pan
- ☐ slow cooker

Directions

- ☐ Heat oil in large skillet over medium-high heat until hot.
- ☐ Sprinkle steak with salt and pepper.
- ☐ Place steak in skillet; cook 4 to 6 minutes or until well browned, turning once.
- ☐ Transfer steak to 4 to 6-quart slow cooker. Top with onion and bell pepper. In same skillet, combine soup and salsa; mix well.
- ☐ Pour over vegetables and steak.
- ☐ Cover; cook on low setting for 8 to 10 hours.
- ☐ Remove steak pieces from slow cooker; place on serving platter. Stir sauce well.
- ☐ Serve sauce with steak.

Nutrition Facts



Properties

Glycemic Index:13.8, Glycemic Load:0.5, Inflammation Score:-5, Nutrition Score:19.70260891707%

Flavonoids

Luteolin: 0.56mg, Luteolin: 0.56mg, Luteolin: 0.56mg, Luteolin: 0.56mg Isorhamnetin: 1.1mg, Isorhamnetin: 1.1mg, Isorhamnetin: 1.1mg, Isorhamnetin: 1.1mg Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 4.73mg, Quercetin: 4.73mg, Quercetin: 4.73mg, Quercetin: 4.73mg

Nutrients (% of daily need)

Calories: 249.61kcal (12.48%), Fat: 7.77g (11.95%), Saturated Fat: 2.45g (15.28%), Carbohydrates: 8.47g (2.82%), Net Carbohydrates: 7.04g (2.56%), Sugar: 2.7g (3.01%), Cholesterol: 86.06mg (28.68%), Sodium: 1008.88mg (43.86%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 35.19g (70.39%), Selenium: 43.88µg (62.68%), Vitamin B6: 1.07mg (53.52%), Vitamin B3: 10.43mg (52.15%), Zinc: 7.02mg (46.81%), Phosphorus: 343.89mg (34.39%), Vitamin

B12: 1.93µg (32.24%), Potassium: 739.31mg (21.12%), Iron: 3.37mg (18.72%), Copper: 0.31mg (15.54%), Vitamin B2: 0.26mg (15.21%), Manganese: 0.3mg (15.11%), Vitamin C: 11.94mg (14.47%), Magnesium: 47.7mg (11.93%), Vitamin B5: 1.16mg (11.59%), Vitamin B1: 0.17mg (11.48%), Vitamin E: 1.2mg (8%), Folate: 30.26µg (7.57%), Fiber: 1.43g (5.7%), Vitamin K: 5.54µg (5.28%), Calcium: 50.13mg (5.01%), Vitamin A: 232.22IU (4.64%)