



Slow-Cooker Salsa Swiss Steak with Noodles

 Dairy Free

READY IN



490 min.

SERVINGS



6

CALORIES



632 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 3 lb round steak boneless cut into 12 serving pieces
- 16 oz salsa thick
- 1 oz brown gravy mix
- 16 oz extra wide egg noodles frozen home-style

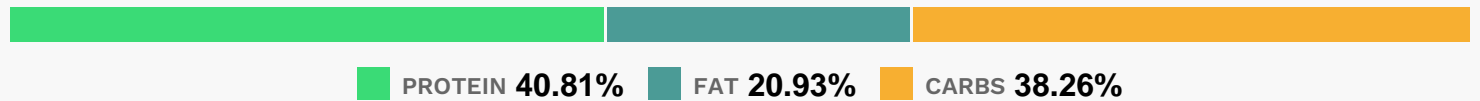
Equipment

- bowl
- slow cooker

Directions

- In 3- to 4-quart slow cooker, place beef pieces. In small bowl, mix salsa and gravy mix; pour over beef.
- Cover; cook on Low heat setting 8 to 10 hours.
- About 15 minutes before serving, cook and drain noodles as directed on package.
- Serve beef and sauce over noodles.

Nutrition Facts



Properties

Glycemic Index:7.33, Glycemic Load:22.61, Inflammation Score:-7, Nutrition Score:35.183043200037%

Nutrients (% of daily need)

Calories: 631.72kcal (31.59%), Fat: 14.42g (22.19%), Saturated Fat: 4.62g (28.88%), Carbohydrates: 59.29g (19.76%), Net Carbohydrates: 55.44g (20.16%), Sugar: 4.46g (4.96%), Cholesterol: 206.38mg (68.79%), Sodium: 667.49mg (29.02%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 63.25g (126.51%), Selenium: 125.12µg (178.74%), Vitamin B3: 18.09mg (90.43%), Vitamin B6: 1.81mg (90.34%), Zinc: 11.33mg (75.55%), Vitamin B12: 4.51µg (75.09%), Phosphorus: 709.87mg (70.99%), Manganese: 0.76mg (38.18%), Iron: 6.56mg (36.46%), Potassium: 1177.83mg (33.65%), Magnesium: 111.89mg (27.97%), Vitamin B2: 0.46mg (27.17%), Copper: 0.5mg (25.14%), Vitamin B1: 0.37mg (24.7%), Vitamin B5: 2.37mg (23.73%), Fiber: 3.86g (15.42%), Folate: 54.43µg (13.61%), Vitamin E: 1.88mg (12.55%), Calcium: 92.99mg (9.3%), Vitamin A: 409.75IU (8.19%), Vitamin K: 6.27µg (5.98%), Vitamin D: 0.45µg (3.02%), Vitamin C: 1.44mg (1.74%)