



Slow-Cooker Salsa Swiss Steak with Noodles

 Dairy Free

READY IN



490 min.

SERVINGS



6

CALORIES



786 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

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

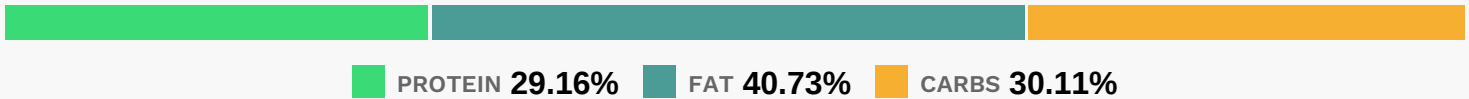
Equipment

- ☐ 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:-6, Nutrition Score:30.7608698451%

Nutrients (% of daily need)

Calories: 785.94kcal (39.3%), Fat: 35.65g (54.84%), Saturated Fat: 15.17g (94.83%), Carbohydrates: 59.29g (19.76%), Net Carbohydrates: 55.44g (20.16%), Sugar: 4.46g (4.96%), Cholesterol: 201.85mg (67.28%), Sodium: 656.15mg (28.53%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 57.42g (114.85%), Selenium: 115.59µg (165.13%), Zinc: 13.24mg (88.25%), Vitamin B3: 13.54mg (67.69%), Vitamin B12: 3.98µg (66.4%), Vitamin B6: 1.2mg (60.06%), Phosphorus: 532.97mg (53.3%), Vitamin B2: 0.63mg (37.31%), Manganese: 0.73mg (36.59%), Iron: 5.65mg (31.42%), Potassium: 987.32mg (28.21%), Magnesium: 102.81mg (25.7%), Vitamin B1: 0.35mg (23.64%), Copper: 0.45mg (22.53%), Fiber: 3.86g (15.42%), Vitamin A: 443.76IU (8.88%), Vitamin B5: 0.84mg (8.42%), Vitamin E: 1.2mg (8.01%), Folate: 31.75µg (7.94%), Vitamin K: 6.96µg (6.62%), Calcium: 63.5mg (6.35%), Vitamin D: 0.45µg (3.02%), Vitamin C: 1.44mg (1.74%)