



Slow-Cooker Saucy Swiss Steak

READY IN



495 min.

SERVINGS



15

CALORIES



126 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.5 cup beef broth
- 1 lb beef chuck steak boneless cut into 4 pieces
- 14 oz canned tomatoes diced undrained canned
- 0.3 cup flour
- 1 bell pepper green chopped
- 0.3 cup 1/4 cup kraft zesty italian dressing italian kraft
- 2 cups potatoes hot mashed
- 0.5 cup swiss cheese shredded kraft
- 0.3 cup tomato paste

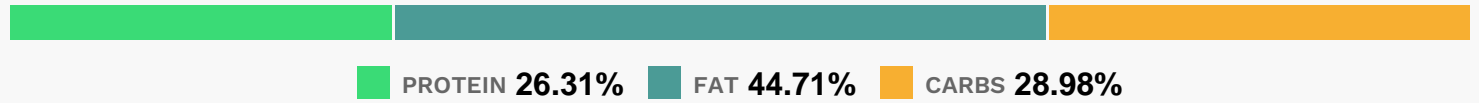
Equipment

- frying pan
- slow cooker

Directions

- Heat dressing in large nonstick skillet on medium-high heat. Meanwhile, coat meat with flour; gently shake off excess flour.
- Add meat to skillet; cook 2 to 3 min. on each side or until evenly browned on both sides.
- Remove from heat.
- Combine tomato paste, tomatoes and broth in slow cooker.
- Add meat and peppers; cover with lid. Cook on LOW 8 to 10 hours (or on HIGH 3 to 4 hours).
- Serve meat mixture over potatoes; top with cheese.

Nutrition Facts



Properties

Glycemic Index:16.05, Glycemic Load:5.06, Inflammation Score:-3, Nutrition Score:6.9839130154122%

Flavonoids

Luteolin: 0.38mg, Luteolin: 0.38mg, Luteolin: 0.38mg, Luteolin: 0.38mg Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.5mg, Quercetin: 0.5mg, Quercetin: 0.5mg, Quercetin: 0.5mg

Nutrients (% of daily need)

Calories: 125.81kcal (6.29%), Fat: 6.35g (9.77%), Saturated Fat: 2.71g (16.91%), Carbohydrates: 9.26g (3.09%), Net Carbohydrates: 8.01g (2.91%), Sugar: 2g (2.22%), Cholesterol: 21.79mg (7.26%), Sodium: 165.33mg (7.19%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.41g (16.82%), Vitamin C: 15.33mg (18.58%), Selenium: 9.64µg (13.78%), Vitamin B6: 0.27mg (13.33%), Zinc: 1.88mg (12.55%), Vitamin B3: 2.33mg (11.65%), Vitamin B12: 0.62µg (10.27%), Phosphorus: 94.28mg (9.43%), Potassium: 319.22mg (9.12%), Vitamin B2: 0.13mg (7.5%), Iron: 1.28mg (7.1%), Vitamin B1: 0.09mg (5.72%), Manganese: 0.1mg (5.12%), Magnesium: 20.33mg (5.08%), Fiber: 1.25g (5%), Calcium: 49.39mg (4.94%), Copper: 0.1mg (4.93%), Vitamin K: 5.09µg (4.85%), Vitamin E: 0.51mg (3.39%), Folate: 13.12µg (3.28%), Vitamin A: 163.29IU (3.27%), Vitamin B5: 0.15mg (1.54%)