



## Slow-Cooker Shredded Beef With Chipotle Peppers

 **Gluten Free**  **Dairy Free**  **Very Healthy**  **Low Fod Map**

READY IN



485 min.

SERVINGS



6

CALORIES



366 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 8 ounce tomato sauce canned
- 16 ounce pepper stir-fry frozen
- 0.5 cup chipotle salsa
- 0.3 teaspoon salt
- 0.3 cup steak sauce
- 1 tablespoon sugar
- 1.5 pounds beef top sirloin steaks

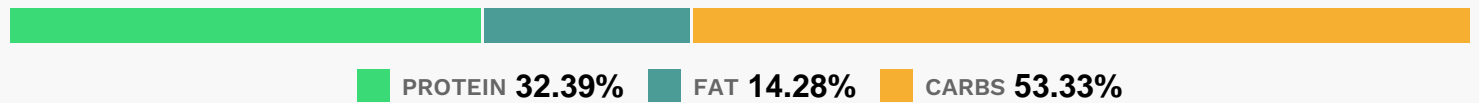
## Equipment

- slotted spoon
- slow cooker

## Directions

- Trim fat from steak.
- Place steak in a 4 1/2-quart electric slow cooker coated with cooking spray. Top with pepper stir-fry.
- Combine tomato sauce and steak sauce; pour over peppers. Cover and cook on high heat setting 1 hour. Reduce heat to low setting, and cook 7 hours.
- Remove steak from slow cooker with a slotted spoon. Shred steak with 2 forks. Return shredded steak to slow cooker; turn off slow cooker.
- Add salsa, sugar, and salt. Cover and let stand 15 minutes.

## Nutrition Facts



## Properties

Glycemic Index:24.52, Glycemic Load:11.39, Inflammation Score:-8, Nutrition Score:37.100434738657%

## Nutrients (% of daily need)

Calories: 366.17kcal (18.31%), Fat: 6.66g (10.25%), Saturated Fat: 2.55g (15.97%), Carbohydrates: 55.97g (18.66%), Net Carbohydrates: 35.74g (13%), Sugar: 5.62g (6.24%), Cholesterol: 66.9mg (22.3%), Sodium: 659.09mg (28.66%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 34g (67.99%), Manganese: 9.74mg (486.8%), Vitamin K: 127.19µg (121.13%), Fiber: 20.23g (80.92%), Copper: 1.17mg (58.46%), Selenium: 39.14µg (55.92%), Iron: 9.76mg (54.2%), Vitamin B6: 1.02mg (50.88%), Potassium: 1608.44mg (45.96%), Vitamin B3: 8.91mg (44.53%), Magnesium: 165.95mg (41.49%), Phosphorus: 379.1mg (37.91%), Calcium: 373.16mg (37.32%), Zinc: 5.6mg (37.31%), Vitamin B5: 1.96mg (19.6%), Vitamin B2: 0.31mg (18.2%), Vitamin B12: 1.07µg (17.77%), Vitamin A: 710.2IU (14.2%), Vitamin E: 2.03mg (13.51%), Vitamin B1: 0.19mg (12.45%), Folate: 32.65µg (8.16%), Vitamin C: 3.73mg (4.52%)