



Slow Cooker Sloppy Swiss Steak

 Dairy Free

READY IN



520 min.

SERVINGS



6

CALORIES



506 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 pounds beef round steak boneless cut into 6-ounce pieces
- 10 ounce canned tomatoes diced with green chile peppers (such as ro*tel®), undrained canned
- 1 large carrots chopped
- 0.7 cup flour all-purpose
- 2 cloves garlic minced
- 1 large bell pepper green cut into strips
- 15 ounce sloppy joe sauce manwich® canned (such as)
- 1 large onion cut into strips

- 0.5 teaspoon paprika to taste
- 0.5 cup red wine
- 0.5 teaspoon lawry's seasoned salt to taste (such as LAWRY'S®)
- 1 tablespoon worcestershire sauce

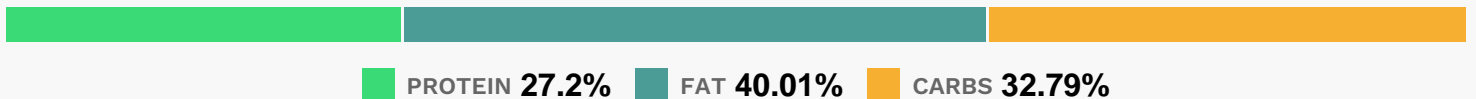
Equipment

- frying pan
- slow cooker
- meat tenderizer

Directions

- Sprinkle both sides of the steak pieces with seasoned salt and paprika.
- Place the flour in a shallow dish, and thoroughly dredge both sides of the meat with the flour. Pound the meat on both sides with the tenderizing side of a meat mallet, pounding some of the flour into the meat.
- Heat the vegetable oil in a large skillet over medium heat, and brown the steaks well on both sides, about 5 minutes per side.
- Layer the steaks in a slow cooker with the green bell pepper and onion strips and carrot.
- Mix together the diced tomatoes with green chiles, sloppy joe sauce, Worcestershire sauce, garlic, and wine, and pour over the steak and vegetables.
- Cover the slow cooker, set the temperature to Low, and cook until the steaks are tender and the sauce is thickened and well blended, 8 to 10 hours.

Nutrition Facts



Properties

Glycemic Index:36.47, Glycemic Load:8.82, Inflammation Score:-9, Nutrition Score:21.5178259041%

Flavonoids

Cyanidin: 0.04mg, Cyanidin: 0.04mg, Cyanidin: 0.04mg, Cyanidin: 0.04mg Petunidin: 0.4mg, Petunidin: 0.4mg, Petunidin: 0.4mg, Petunidin: 0.4mg Delphinidin: 0.4mg, Delphinidin: 0.4mg, Delphinidin: 0.4mg, Delphinidin: 0.4mg Malvidin: 2.77mg, Malvidin: 2.77mg, Malvidin: 2.77mg, Malvidin: 2.77mg Peonidin: 0.25mg, Peonidin: 0.25mg, Peonidin: 0.25mg, Peonidin: 0.25mg Catechin: 1.43mg, Catechin: 1.43mg, Catechin: 1.43mg, Catechin: 1.43mg Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg Epicatechin: 0.76mg, Epicatechin: 0.76mg, Epicatechin: 0.76mg, Epicatechin: 0.76mg Hesperetin: 0.13mg, Hesperetin: 0.13mg, Hesperetin: 0.13mg, Hesperetin: 0.13mg Naringenin: 0.35mg, Naringenin: 0.35mg, Naringenin: 0.35mg, Naringenin: 0.35mg Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 1.31mg, Luteolin: 1.31mg, Luteolin: 1.31mg, Luteolin: 1.31mg Isorhamnetin: 1.26mg, Isorhamnetin: 1.26mg, Isorhamnetin: 1.26mg, Isorhamnetin: 1.26mg Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg Quercetin: 5.93mg, Quercetin: 5.93mg, Quercetin: 5.93mg, Quercetin: 5.93mg Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg

Nutrients (% of daily need)

Calories: 505.8kcal (25.29%), Fat: 21.71g (33.4%), Saturated Fat: 9.57g (59.79%), Carbohydrates: 40.05g (13.35%), Net Carbohydrates: 36.81g (13.38%), Sugar: 20.7g (23%), Cholesterol: 92.23mg (30.74%), Sodium: 1328.53mg (57.76%), Alcohol: 2.12g (100%), Alcohol %: 0.72% (100%), Protein: 33.22g (66.43%), Selenium: 41.94µg (59.92%), Zinc: 8.01mg (53.42%), Vitamin A: 2213.85IU (44.28%), Vitamin B3: 8.59mg (42.95%), Vitamin B12: 2.51µg (41.83%), Vitamin C: 30.89mg (37.44%), Vitamin B6: 0.74mg (37.23%), Vitamin B2: 0.46mg (27.32%), Phosphorus: 257.99mg (25.8%), Iron: 3.72mg (20.68%), Vitamin B1: 0.28mg (18.84%), Potassium: 598.72mg (17.11%), Fiber: 3.24g (12.96%), Magnesium: 44.8mg (11.2%), Manganese: 0.22mg (11.19%), Folate: 40.25µg (10.06%), Copper: 0.18mg (9.17%), Vitamin K: 6.28µg (5.98%), Calcium: 32.05mg (3.21%), Vitamin B5: 0.17mg (1.68%), Vitamin E: 0.25mg (1.63%), Vitamin D: 0.15µg (1.01%)