



Slow-Cooker Smothered Swiss Steak

READY IN



495 min.

SERVINGS



4

CALORIES



333 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 teaspoons vegetable oil
- ☐ 1.5 lb top round boneless trimmed of fat
- ☐ 1 teaspoon salt
- ☐ 0.3 teaspoon pepper
- ☐ 1 medium onion halved lengthwise thinly sliced
- ☐ 1 medium carrots shredded
- ☐ 4 oz mushroom stems and pieces drained canned
- ☐ 10.8 oz cream of mushroom soup canned
- ☐ 8 oz tomato sauce canned

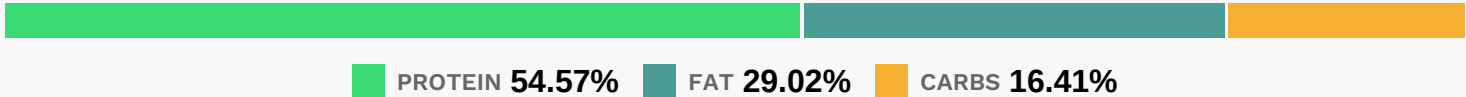
Equipment

- ☐ frying pan
- ☐ slow cooker

Directions

- ☐ In 10-inch skillet, heat oil over medium-high heat.
- ☐ Sprinkle beef with salt and pepper; place in skillet. Cook 4 to 6 minutes, turning once, until well browned.
- ☐ Meanwhile, spray 3- to 4-quart slow cooker with cooking spray. In cooker, mix onion, carrot and mushrooms.
- ☐ Cut browned beef into 4 pieces; place in cooker over vegetables. In same skillet, mix soup and tomato sauce.
- ☐ Pour over beef.
- ☐ Cover; cook on Low heat setting 8 to 10 hours. Stir sauce well before serving over beef.

Nutrition Facts



Properties

Glycemic Index:37.71, Glycemic Load:2.04, Inflammation Score:-9, Nutrition Score:27.289565210757%

Flavonoids

Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 5.61mg, Quercetin: 5.61mg, Quercetin: 5.61mg, Quercetin: 5.61mg

Nutrients (% of daily need)

Calories: 332.84kcal (16.64%), Fat: 10.51g (16.16%), Saturated Fat: 3.38g (21.1%), Carbohydrates: 13.37g (4.46%), Net Carbohydrates: 11.21g (4.08%), Sugar: 4.36g (4.85%), Cholesterol: 108.7mg (36.23%), Sodium: 1604.65mg (69.77%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 44.44g (88.88%), Selenium: 54.76µg (78.23%), Vitamin B3: 13.13mg (65.66%), Vitamin B6: 1.3mg (64.77%), Zinc: 8.82mg (58.82%), Vitamin A: 2794.41IU (55.89%), Phosphorus: 431.93mg (43.19%), Vitamin B12: 2.42µg (40.3%), Potassium: 1167.91mg (33.37%), Iron: 4.55mg (25.28%), Copper:

0.42mg (20.96%), Vitamin B2: 0.35mg (20.54%), Manganese: 0.39mg (19.39%), Vitamin B5: 1.55mg (15.52%),
Magnesium: 61.17mg (15.29%), Vitamin B1: 0.21mg (14.22%), Vitamin E: 1.6mg (10.67%), Folate: 42.39µg (10.6%),
Vitamin K: 10.09µg (9.61%), Fiber: 2.16g (8.62%), Vitamin C: 6.9mg (8.37%), Calcium: 83.64mg (8.36%)