



## Slow-Cooker Steak and Potatoes Dinner

 Dairy Free

READY IN



445 min.

SERVINGS



6

CALORIES



309 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 1.5 lb tri-tip beef trimmed
- 3 tablespoons flour all-purpose
- 1 teaspoon salt
- 0.3 teaspoon pepper
- 1 tablespoon vegetable oil
- 1.5 cups onion sliced
- 14.5 oz tomatoes diced undrained canned
- 1 teaspoon sugar

19 oz savory vegetable frozen

## Equipment

frying pan

microwave

slow cooker

## Directions

Spray 4- to 5-quart slow cooker with cooking spray.

Sprinkle both sides of beef with flour, salt and pepper. In 12-inch skillet, heat oil over medium heat until hot. Cook beef in oil 6 to 8 minutes, turning occasionally, until brown on both sides.

Place onions in slow cooker. Top with beef and tomatoes; sprinkle with sugar.

Cover; cook on Low heat setting 7 to 9 hours or until beef is tender.

About 15 minutes before steak is ready to serve, microwave vegetables (potatoes are in the medley) as directed on bag. Stir into beef mixture.

## Nutrition Facts



## Properties

Glycemic Index:41.52, Glycemic Load:7.19, Inflammation Score:-10, Nutrition Score:22.076521769814%

## Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg Kaempferol: 0.27mg, Kaempferol: 0.27mg, Kaempferol: 0.27mg, Kaempferol: 0.27mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 8.46mg, Quercetin: 8.46mg, Quercetin: 8.46mg, Quercetin: 8.46mg

## Nutrients (% of daily need)

Calories: 308.67kcal (15.43%), Fat: 12.6g (19.38%), Saturated Fat: 4.03g (25.19%), Carbohydrates: 22.14g (7.38%), Net Carbohydrates: 17.06g (6.2%), Sugar: 4g (4.45%), Cholesterol: 74.84mg (24.95%), Sodium: 588.41mg (25.58%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 27.77g (55.53%), Vitamin A: 4640.11IU (92.8%), Vitamin B3: 8.78mg (43.92%), Vitamin B6: 0.85mg (42.53%), Selenium: 28.1µg (40.15%), Zinc: 4.66mg (31.04%), Phosphorus:

296.09mg (29.61%), Vitamin C: 18.67mg (22.63%), Potassium: 742.21mg (21.21%), Fiber: 5.08g (20.31%), Vitamin B12: 1.2µg (20.03%), Iron: 3.48mg (19.32%), Manganese: 0.37mg (18.66%), Vitamin B1: 0.26mg (17.39%), Vitamin B2: 0.26mg (15.12%), Folate: 58.47µg (14.62%), Magnesium: 57.87mg (14.47%), Copper: 0.23mg (11.63%), Vitamin B5: 0.97mg (9.68%), Calcium: 82.41mg (8.24%), Vitamin K: 7.94µg (7.56%), Vitamin E: 1.03mg (6.84%)