



## Slow Cooker Swiss Steak

 Dairy Free

READY IN



630 min.

SERVINGS



6

CALORIES



301 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- 2 tablespoons brown sugar to taste
- 29 ounce tomatoes diced with juice canned
- 3 carrots shredded
- 3 stalks celery chopped
- 0.3 cup flour all-purpose
- 1 onion chopped
- 1.5 pounds round steak cut into small pieces
- 6 servings salt and pepper to taste

- 3 tablespoons vegetable oil
- 1 tablespoon worcestershire sauce

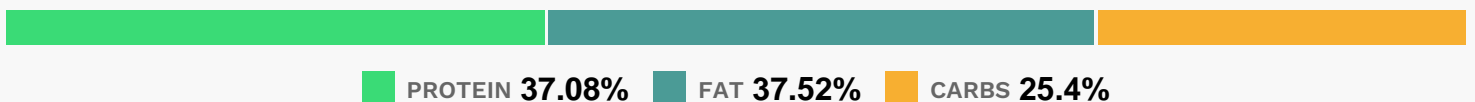
## Equipment

- bowl
- frying pan
- slow cooker

## Directions

- In a shallow bowl, mix the flour, salt, and pepper. Lightly coat the round steak pieces in the flour mixture.
- Heat the oil in a skillet over medium heat, and saute the celery, onion, and carrots about 5 minutes, until tender.
- Remove from heat, and set aside.
- Mix in the round steak pieces, and cook until lightly browned.
- Place the vegetables and steak in a slow cooker.
- Mix in the tomatoes with juice, Worcestershire sauce, and brown sugar.
- Cover, and cook 8 to 10 hours on Low, until the round steak is very tender.

## Nutrition Facts



## Properties

Glycemic Index:30.14, Glycemic Load:4.31, Inflammation Score:-10, Nutrition Score:25.104347882063%

## Flavonoids

Apigenin: 0.59mg, Apigenin: 0.59mg, Apigenin: 0.59mg, Apigenin: 0.59mg Luteolin: 0.27mg, Luteolin: 0.27mg, Luteolin: 0.27mg, Luteolin: 0.27mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 4.55mg, Quercetin: 4.55mg, Quercetin: 4.55mg, Quercetin: 4.55mg

## Nutrients (% of daily need)

Calories: 301.14kcal (15.06%), Fat: 12.58g (19.35%), Saturated Fat: 2.95g (18.45%), Carbohydrates: 19.15g (6.38%), Net Carbohydrates: 16.16g (5.87%), Sugar: 9.93g (11.03%), Cholesterol: 71.44mg (23.81%), Sodium: 530.21mg (23.05%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 27.96g (55.93%), Vitamin A: 5348.05IU (106.96%), Vitamin B6: 0.99mg (49.51%), Selenium: 34.6µg (49.43%), Vitamin B3: 9.52mg (47.59%), Vitamin B12: 2.14µg (35.72%), Zinc: 5.23mg (34.87%), Phosphorus: 306.05mg (30.61%), Vitamin K: 27.84µg (26.52%), Potassium: 866.73mg (24.76%), Iron: 4.33mg (24.04%), Vitamin C: 16.89mg (20.47%), Vitamin B2: 0.32mg (19.04%), Vitamin B1: 0.25mg (16.33%), Vitamin E: 2.09mg (13.95%), Magnesium: 52.99mg (13.25%), Folate: 51.98µg (12.99%), Copper: 0.25mg (12.61%), Manganese: 0.25mg (12.39%), Fiber: 3g (11.99%), Vitamin B5: 1.11mg (11.1%), Calcium: 94.69mg (9.47%)