



Slow-Cooker Swiss Steak

 Dairy Free

READY IN



610 min.

SERVINGS



8

CALORIES



474 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 small onion sliced
- ☐ 3 pound round steak boneless trimmed of fat cut into serving-size servings
- ☐ 0.9 ounce brown gravy mix
- ☐ 12 ounces vegetable juice canned
- ☐ 2 medium stalks celery cut into 1/2-inch slices
- ☐ 16 ounces extra wide egg noodles frozen home-style

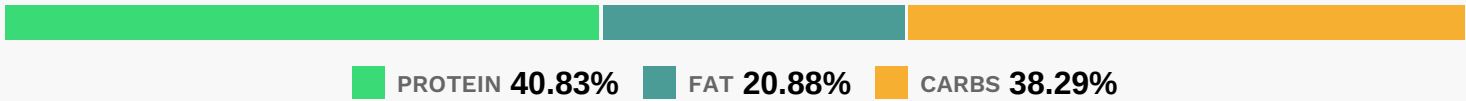
Equipment

- ☐ slow cooker

Directions

- ☐ Place onions in 3 1/2- to 4-quart slow cooker. Arrange beef on
- ☐ onions, overlapping to fit if needed.
- ☐ Sprinkle gravy mix (dry) over beef.
- ☐ Pour vegetable juice over all.
- ☐ Place celery on top.
- ☐ Cover and cook on low heat setting 8 to 10 hours.
- ☐ About 15 minutes before serving, cook noodles as directed on
- ☐ package.
- ☐ Serve sauce, vegetables and beef over noodles.

Nutrition Facts



Properties

Glycemic Index:18.25, Glycemic Load:17.97, Inflammation Score:-6, Nutrition Score:27.471304478853%

Flavonoids

Apigenin: 0.29mg, Apigenin: 0.29mg, Apigenin: 0.29mg, Apigenin: 0.29mg Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 3.59mg, Quercetin: 3.59mg, Quercetin: 3.59mg, Quercetin: 3.59mg

Nutrients (% of daily need)

Calories: 474.49kcal (23.72%), Fat: 10.73g (16.51%), Saturated Fat: 3.47g (21.66%), Carbohydrates: 44.3g (14.77%), Net Carbohydrates: 41.63g (15.14%), Sugar: 3.45g (3.83%), Cholesterol: 154.79mg (51.6%), Sodium: 208.36mg (9.06%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 47.23g (94.47%), Selenium: 93.45µg (133.51%), Vitamin B3: 12.98mg (64.91%), Vitamin B6: 1.28mg (64.19%), Vitamin B12: 3.38µg (56.32%), Zinc: 8.43mg (56.19%), Phosphorus: 521.74mg (52.17%), Manganese: 0.54mg (27.07%), Iron: 4.87mg (27.04%), Potassium: 870.71mg (24.88%), Vitamin B2: 0.34mg (19.92%), Magnesium: 78.26mg (19.56%), Vitamin B1: 0.27mg (17.88%), Copper: 0.35mg (17.53%), Vitamin C: 14.19mg (17.2%), Vitamin B5: 1.71mg (17.11%), Folate: 45.48µg (11.37%), Fiber: 2.67g (10.68%), Vitamin A: 430.38IU (8.61%), Calcium: 68.69mg (6.87%), Vitamin K: 5.32µg (5.07%), Vitamin E: 0.75mg (5%), Vitamin D: 0.34µg (2.27%)