



 **56%**  
HEALTH SCORE

## Slow-Cooker Swiss Steak and Veggies

 **Gluten Free**  **Dairy Free**

READY IN



**555 min.**

SERVINGS



**6**

CALORIES



**256 kcal**

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 1.5 pounds round steak boneless
- 0.5 teaspoon lawry's seasoned salt
- 6 baby potatoes cut into fourths
- 1.5 cups baby carrots
- 1 medium onion sliced
- 14.5 ounces tomatoes diced with basil, garlic and oregano, undrained canned
- 12 ounces gravy home-style
- 1 serving parsley fresh chopped

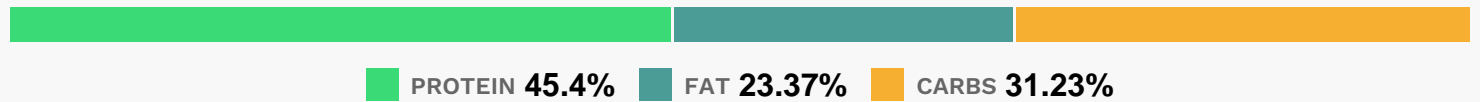
## Equipment

- frying pan
- slow cooker

## Directions

- Remove excess fat from beef.
- Cut beef into 6 serving pieces. Spray 12-inch skillet with cooking spray; heat over medium-high heat.
- Sprinkle beef with seasoned salt. Cook beef in skillet about 8 minutes, turning once, until brown.
- Layer potatoes, carrots, beef and onion in 3 1/2- to 6-quart slow cooker.
- Mix tomatoes and gravy; spoon over beef and vegetables.
- Cover and cook on low heat setting 7 to 9 hours or until beef and vegetables are tender.
- Sprinkle with parsley.

## Nutrition Facts



## Properties

Glycemic Index:23.79, Glycemic Load:7.55, Inflammation Score:-10, Nutrition Score:23.532174017118%

## Flavonoids

Apigenin: 1.45mg, Apigenin: 1.45mg, Apigenin: 1.45mg, Apigenin: 1.45mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.58mg, Kaempferol: 0.58mg, Kaempferol: 0.58mg, Kaempferol: 0.58mg Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg Quercetin: 4.46mg, Quercetin: 4.46mg, Quercetin: 4.46mg, Quercetin: 4.46mg

## Nutrients (% of daily need)

Calories: 256.11kcal (12.81%), Fat: 6.58g (10.13%), Saturated Fat: 2.38g (14.87%), Carbohydrates: 19.8g (6.6%), Net Carbohydrates: 16.62g (6.04%), Sugar: 5.33g (5.92%), Cholesterol: 75.98mg (25.33%), Sodium: 645.51mg (28.07%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 28.78g (57.56%), Vitamin A: 4550.6IU (91.01%), Vitamin B6: 1.05mg (52.63%), Selenium: 33.05µg (47.21%), Vitamin B3: 9.11mg (45.56%), Vitamin B12: 2.14µg (35.72%), Zinc:

5.22mg (34.78%), Phosphorus: 311.34mg (31.13%), Potassium: 870.06mg (24.86%), Vitamin C: 20.48mg (24.82%), Iron: 3.87mg (21.51%), Vitamin K: 18.43µg (17.55%), Vitamin B2: 0.26mg (15.15%), Magnesium: 54.14mg (13.53%), Vitamin B1: 0.2mg (13.46%), Copper: 0.26mg (13.13%), Fiber: 3.18g (12.72%), Vitamin B5: 1.17mg (11.66%), Manganese: 0.23mg (11.39%), Folate: 42.32µg (10.58%), Calcium: 66.13mg (6.61%), Vitamin E: 0.82mg (5.47%)