



 **74%**
HEALTH SCORE

Slow-Cooker Swiss Steak Supper

 **Gluten Free**  **Dairy Free**  **Very Healthy**

READY IN



435 min.

SERVINGS



6

CALORIES



342 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1.5 lb round steak boneless
- 0.5 teaspoon lawry's seasoned salt
- 6 small potatoes - remove skin red cut into fourths
- 1.5 cups baby carrots
- 1 medium onion sliced
- 14.5 oz canned tomatoes diced italian with herbs, undrained organic canned
- 12 oz gravy
- 1 serving parsley fresh chopped

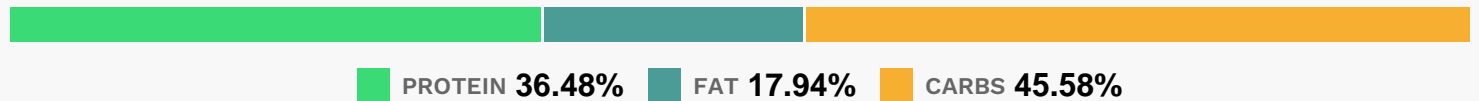
Equipment

- bowl
- frying pan
- slow cooker

Directions

- Cut beef into 6 serving pieces. Spray 12-inch skillet with cooking spray; heat over medium-high heat.
- Sprinkle beef with seasoned salt. Cook in skillet 6 to 8 minutes, turning once, until brown.
- In 4- to 5-quart slow cooker, layer potatoes, carrots, beef and onion. In medium bowl, mix tomatoes and gravy; spoon over mixture in slow cooker.
- Cover; cook on Low heat setting 7 to 8 hours.
- Sprinkle with parsley. Note: This recipe was tested in slow cookers with heating elements in the side and bottom of the cooker, not in cookers that stand only on a heated base. For slow cookers with just a heated base, follow the manufacturer's directions for layering ingredients and choosing a temperature.

Nutrition Facts



Properties

Glycemic Index:16.17, Glycemic Load:1.79, Inflammation Score:-10, Nutrition Score:29.068695451902%

Flavonoids

Apigenin: 1.44mg, Apigenin: 1.44mg, Apigenin: 1.44mg, Apigenin: 1.44mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 4.83mg, Quercetin: 4.83mg, Quercetin: 4.83mg, Quercetin: 4.83mg

Nutrients (% of daily need)

Calories: 342.27kcal (17.11%), Fat: 6.87g (10.57%), Saturated Fat: 2.44g (15.25%), Carbohydrates: 39.3g (13.1%), Net Carbohydrates: 33.84g (12.31%), Sugar: 8.47g (9.41%), Cholesterol: 75.98mg (25.33%), Sodium: 665.21mg (28.92%),

Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 31.45g (62.9%), Vitamin A: 4628.53IU (92.57%), Vitamin B6: 1.2mg (60.16%), Vitamin B3: 10.82mg (54.12%), Selenium: 34.07µg (48.68%), Potassium: 1479.74mg (42.28%), Phosphorus: 392.03mg (39.2%), Zinc: 5.7mg (38.03%), Vitamin B12: 2.14µg (35.72%), Vitamin C: 24mg (29.09%), Iron: 4.9mg (27.23%), Copper: 0.51mg (25.4%), Vitamin K: 23.94µg (22.8%), Manganese: 0.45mg (22.72%), Fiber: 5.45g (21.81%), Magnesium: 84.82mg (21.21%), Vitamin B1: 0.32mg (21.03%), Vitamin B2: 0.29mg (17.08%), Folate: 67.38µg (16.85%), Vitamin B5: 1.58mg (15.84%), Vitamin E: 1.22mg (8.15%), Calcium: 78.47mg (7.85%)