



 **56%**
HEALTH SCORE

Slow-Cooker Swiss Steak Supper

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

READY IN



435 min.

SERVINGS



6

CALORIES



421 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

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

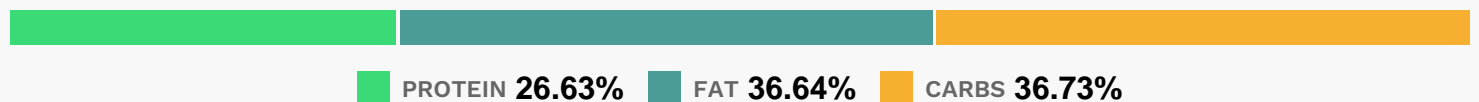
Equipment

- 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 manufacturers directions for layering ingredients and choosing a temperature.

Nutrition Facts



Properties

Glycemic Index:16.17, Glycemic Load:1.82, Inflammation Score:-10, Nutrition Score:29.574347941772%

Flavonoids

Apigenin: 8.62mg, Apigenin: 8.62mg, Apigenin: 8.62mg, Apigenin: 8.62mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 0.6mg, Myricetin: 0.6mg, Myricetin: 0.6mg, Myricetin: 0.6mg Quercetin: 4.84mg, Quercetin: 4.84mg, Quercetin: 4.84mg, Quercetin: 4.84mg

Nutrients (% of daily need)

Calories: 420.58kcal (21.03%), Fat: 17.51g (26.94%), Saturated Fat: 7.72g (48.25%), Carbohydrates: 39.51g (13.17%), Net Carbohydrates: 33.94g (12.34%), Sugar: 8.5g (9.44%), Cholesterol: 73.71mg (24.57%), Sodium: 661.41mg

(28.76%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 28.64g (57.27%), Vitamin A: 4926.34IU (98.53%), Vitamin K: 78.94µg (75.18%), Vitamin B6: 0.9mg (45.17%), Zinc: 6.69mg (44.61%), Vitamin B3: 8.59mg (42.97%), Selenium: 29.31µg (41.88%), Potassium: 1402.95mg (40.08%), Vitamin C: 28.43mg (34.46%), Vitamin B12: 1.88µg (31.37%), Phosphorus: 305.51mg (30.55%), Iron: 4.66mg (25.86%), Copper: 0.49mg (24.34%), Vitamin B2: 0.38mg (22.34%), Fiber: 5.56g (22.25%), Manganese: 0.44mg (22.2%), Vitamin B1: 0.31mg (20.69%), Magnesium: 81.95mg (20.49%), Folate: 61.11µg (15.28%), Vitamin B5: 0.83mg (8.32%), Calcium: 68.33mg (6.83%), Vitamin E: 0.91mg (6.05%)