



Slow-Cooker Swiss Steak with Chipotle Chile Sauce



Gluten Free



Dairy Free

READY IN



555 min.

SERVINGS



8

CALORIES



186 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 10.8 oz cream of mushroom soup canned
- ☐ 2 lb top round boneless thick ()
- ☐ 1 tablespoon brown sugar
- ☐ 2 tablespoons catsup
- ☐ 2 tablespoons chipotles in adobo chopped (from 7)
- ☐ 1 garlic clove minced
- ☐ 2 plum tomatoes italian chopped

☐ 0.5 medium bell pepper green cut into thin bite-sized strips

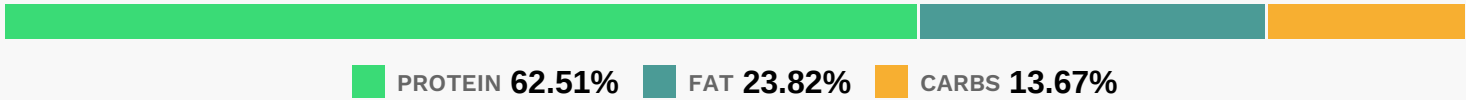
Equipment

- ☐ bowl
- ☐ slow cooker
- ☐ cutting board

Directions

- ☐ Spoon soup into 4 to 5-quart slow cooker. Top with beef round steak, cutting into pieces if necessary to place in single layer. In small bowl, combine brown sugar, ketchup, chiles and garlic; mix well.
- ☐ Spread over beef. Top with tomatoes.
- ☐ Cover; cook on Low setting for 8 to 9 hours.
- ☐ About 10 minutes before serving, add bell pepper. Cover; cook an additional 10 minutes.
- ☐ To serve, remove beef from slow cooker; place on cutting board.
- ☐ Cut into serving-sized pieces.
- ☐ Serve beef with sauce from slow cooker.

Nutrition Facts



Properties

Glycemic Index:9.75, Glycemic Load:0.22, Inflammation Score:-3, Nutrition Score:14.994782727698%

Flavonoids

Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg Luteolin: 0.35mg, Luteolin: 0.35mg, Luteolin: 0.35mg, Luteolin: 0.35mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.29mg, Quercetin: 0.29mg, Quercetin: 0.29mg, Quercetin: 0.29mg

Nutrients (% of daily need)

Calories: 186.35kcal (9.32%), Fat: 4.79g (7.36%), Saturated Fat: 1.78g (11.1%), Carbohydrates: 6.18g (2.06%), Net Carbohydrates: 5.39g (1.96%), Sugar: 3.09g (3.44%), Cholesterol: 71.08mg (23.69%), Sodium: 378.2mg (16.44%),

Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 28.25g (56.49%), Selenium: 36.27µg (51.82%), Vitamin B3: 8.33mg (41.65%), Vitamin B6: 0.83mg (41.27%), Zinc: 5.65mg (37.66%), Phosphorus: 271.88mg (27.19%), Vitamin B12: 1.59µg (26.53%), Potassium: 534.76mg (15.28%), Iron: 2.69mg (14.93%), Vitamin B2: 0.2mg (11.84%), Copper: 0.22mg (10.83%), Vitamin C: 8.37mg (10.15%), Vitamin B5: 0.87mg (8.69%), Magnesium: 34.18mg (8.55%), Vitamin B1: 0.13mg (8.43%), Manganese: 0.17mg (8.39%), Folate: 21.97µg (5.49%), Vitamin A: 176.09IU (3.52%), Vitamin E: 0.5mg (3.3%), Fiber: 0.78g (3.13%), Calcium: 31.25mg (3.13%), Vitamin K: 3.25µg (3.1%)