



Slow Cooker Tender and Yummy Round Steak

 Dairy Free  Very Healthy

READY IN



620 min.

SERVINGS



6

CALORIES



371 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 6 carrots peeled sliced into 1 inch pieces
- 10.8 ounce cream of mushroom soup canned
- 1 ounce onion soup mix dry
- 1 onion chopped
- 3 potatoes peeled quartered
- 2 pounds round steak boneless
- 0.8 cup water

Equipment

mixing bowl

slow cooker

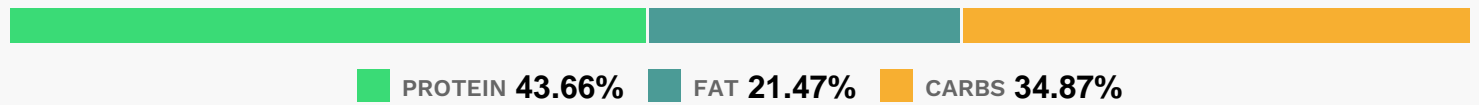
Directions

Place the potatoes, onion, and carrots in slow cooker.

Cut steak into six pieces, then place the meat on top of vegetables. In a mixing bowl, combine the soup mix, soup, and water; pour over beef.

Cover, and cook on Low for 7 to 10 hours.

Nutrition Facts



Properties

Glycemic Index:26.26, Glycemic Load:15.94, Inflammation Score:-10, Nutrition Score:31.345217652943%

Flavonoids

Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 1.12mg, Kaempferol: 1.12mg, Kaempferol: 1.12mg, Kaempferol: 1.12mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 4.6mg, Quercetin: 4.6mg, Quercetin: 4.6mg, Quercetin: 4.6mg

Nutrients (% of daily need)

Calories: 370.85kcal (18.54%), Fat: 8.72g (13.42%), Saturated Fat: 3.14g (19.65%), Carbohydrates: 31.88g (10.63%), Net Carbohydrates: 27.1g (9.86%), Sugar: 4.72g (5.24%), Cholesterol: 97.79mg (32.6%), Sodium: 876.45mg (38.11%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 39.92g (79.83%), Vitamin A: 10193.87IU (203.88%), Vitamin B6: 1.48mg (73.76%), Vitamin B3: 12.7mg (63.52%), Selenium: 43.95µg (62.79%), Zinc: 7.59mg (50.58%), Vitamin B12: 2.94µg (48.98%), Phosphorus: 447.73mg (44.77%), Potassium: 1300.61mg (37.16%), Vitamin C: 26.1mg (31.63%), Iron: 4.67mg (25.96%), Manganese: 0.48mg (23.94%), Vitamin B2: 0.36mg (21.43%), Copper: 0.43mg (21.27%), Vitamin B1: 0.3mg (20.06%), Magnesium: 78.13mg (19.53%), Fiber: 4.78g (19.1%), Vitamin B5: 1.66mg (16.62%), Folate: 55.32µg (13.83%), Vitamin K: 12.03µg (11.46%), Calcium: 77.04mg (7.7%), Vitamin E: 0.88mg (5.84%), Vitamin D: 0.15µg (1.01%)