



## Slow-Cooker Tex-Mex Round Steak

 Gluten Free

READY IN



495 min.

SERVINGS



6

CALORIES



432 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 0.5 cup beef broth
- 1.5 lb fat-trimmed beef flank steak boneless trimmed
- 15 oz black beans rinsed drained canned
- 1.5 cups celery stalks thinly sliced
- 1 cup corn whole frozen thawed
- 1 cup cilantro leaves fresh chopped
- 1 large onion sliced
- 4 oz pepper jack cheese shredded

20 oz salsa

## Equipment

bowl

slow cooker

## Directions

Spray 3 1/2- to 6-quart slow cooker with cooking spray.

Cut beef into 6 pieces; place in slow cooker.

In large bowl, mix remaining ingredients except cheese; pour over beef. Cover; cook on Low heat setting 8 to 9 hours or until beef is tender.

Sprinkle with cheese.

## Nutrition Facts



## Properties

Glycemic Index:19.67, Glycemic Load:0.67, Inflammation Score:-8, Nutrition Score:22.785652212475%

## Flavonoids

Apigenin: 0.72mg, Apigenin: 0.72mg, Apigenin: 0.72mg, Apigenin: 0.72mg Luteolin: 0.27mg, Luteolin: 0.27mg, Luteolin: 0.27mg, Luteolin: 0.27mg Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 6.58mg, Quercetin: 6.58mg, Quercetin: 6.58mg, Quercetin: 6.58mg

## Nutrients (% of daily need)

Calories: 432.31kcal (21.62%), Fat: 22.63g (34.81%), Saturated Fat: 10.91g (68.21%), Carbohydrates: 24.68g (8.23%), Net Carbohydrates: 17.19g (6.25%), Sugar: 5.12g (5.68%), Cholesterol: 85.99mg (28.66%), Sodium: 1202.01mg (52.26%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 34.36g (68.72%), Zinc: 7.11mg (47.43%), Selenium: 32.57µg (46.53%), Phosphorus: 381.43mg (38.14%), Vitamin B3: 7.56mg (37.79%), Vitamin B6: 0.73mg (36.37%), Vitamin B12: 2.05µg (34.22%), Fiber: 7.49g (29.98%), Vitamin B2: 0.49mg (29.03%), Potassium: 937.16mg (26.78%), Iron: 4.07mg (22.61%), Calcium: 219.53mg (21.95%), Vitamin K: 21.91µg (20.86%), Magnesium: 77.02mg (19.25%), Folate: 76.96µg (19.24%), Vitamin A: 912.59IU (18.25%), Manganese: 0.36mg (17.98%), Vitamin B1: 0.26mg (17.18%), Copper: 0.32mg (16.22%), Vitamin C: 7.49mg (9.07%), Vitamin E: 1.34mg (8.95%), Vitamin B5: 0.47mg (4.73%),

Vitamin D: 0.23µg (1.51%)