



Slow-Cooker Tex-Mex Round Steak

 Gluten Free

READY IN



495 min.

SERVINGS



6

CALORIES



355 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1.5 lb round steak boneless trimmed
- ☐ 1.5 cups celery stalks thinly sliced
- ☐ 1 large onion sliced
- ☐ 1 cup corn whole frozen thawed
- ☐ 1 cup cilantro leaves fresh chopped
- ☐ 20 oz salsa
- ☐ 15 oz black beans rinsed drained canned
- ☐ 0.5 cup beef broth

☐ 4 oz pepper jack cheese shredded

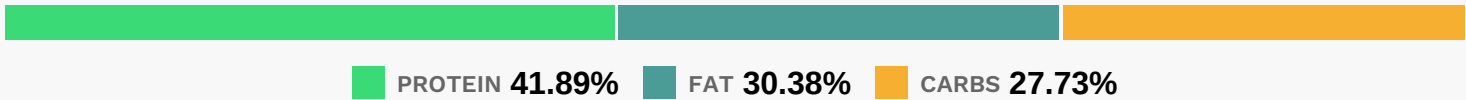
Equipment

- ☐ 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:25.292173955752%

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: 355.2kcal (17.76%), Fat: 12.02g (18.49%), Saturated Fat: 5.64g (35.23%), Carbohydrates: 24.68g (8.23%), Net Carbohydrates: 17.19g (6.25%), Sugar: 5.12g (5.68%), Cholesterol: 88.26mg (29.42%), Sodium: 1207.68mg (52.51%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 37.27g (74.55%), Selenium: 37.33µg (53.33%), Vitamin B6: 1.03mg (51.51%), Vitamin B3: 9.83mg (49.16%), Phosphorus: 469.88mg (46.99%), Zinc: 6.16mg (41.08%), Vitamin B12: 2.31µg (38.57%), Fiber: 7.49g (29.98%), Potassium: 1032.41mg (29.5%), Iron: 4.52mg (25.13%), Vitamin B2: 0.41mg (23.96%), Calcium: 234.27mg (23.43%), Folate: 88.3µg (22.07%), Vitamin K: 21.57µg (20.54%), Magnesium: 81.55mg (20.39%), Manganese: 0.38mg (18.77%), Vitamin A: 895.59IU (17.91%), Vitamin B1: 0.27mg (17.71%), Copper: 0.35mg (17.52%), Vitamin B5: 1.24mg (12.38%), Vitamin E: 1.68mg (11.21%), Vitamin C: 7.49mg (9.07%), Vitamin D:

0.23μg (1.51%)