



WHATSheATE



Slow-Cooker Tex-Mex Steak and Rice



Gluten Free



Dairy Free

READY IN



520 min.

SERVINGS



4

CALORIES



443 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1.3 pounds chuck steak boneless
- ☐ 1 cup beef broth flavored (from 32-ounce carton)
- ☐ 14.5 ounces canned tomatoes diced with green chilies, undrained salsa-style canned
- ☐ 2 teaspoons ground cumin
- ☐ 0.5 teaspoon salt
- ☐ 2 cloves garlic finely chopped
- ☐ 2 cups bell pepper frozen thawed drained (from 1-pound bag)
- ☐ 1 cup rice instant uncooked

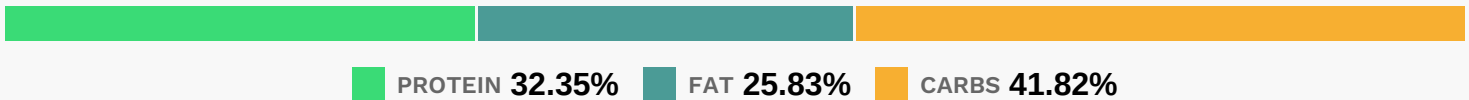
Equipment

- ☐ bowl
- ☐ slow cooker

Directions

- ☐ Cut beef steak into 4 serving pieces.
- ☐ Place beef in 3- to 4-quart slow cooker.
- ☐ Mix broth, tomatoes, cumin, salt and garlic in medium bowl; pour over beef.
- ☐ Cover and cook on Low heat setting 7 to 8 hours.
- ☐ Stir bell pepper mixture and rice into mixture in cooker. Increase heat setting to High. Cover and cook 20 to 30 minutes or until rice is tender.

Nutrition Facts



Properties

Glycemic Index:32.05, Glycemic Load:23.35, Inflammation Score:-9, Nutrition Score:32.405217562033%

Flavonoids

Luteolin: 0.45mg, Luteolin: 0.45mg, Luteolin: 0.45mg, Luteolin: 0.45mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.2mg, Quercetin: 0.2mg, Quercetin: 0.2mg, Quercetin: 0.2mg

Nutrients (% of daily need)

Calories: 442.63kcal (22.13%), Fat: 12.78g (19.65%), Saturated Fat: 5.34g (33.36%), Carbohydrates: 46.54g (15.51%), Net Carbohydrates: 43.21g (15.71%), Sugar: 5.67g (6.3%), Cholesterol: 93.55mg (31.18%), Sodium: 630.61mg (27.42%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 36g (72%), Vitamin C: 105.46mg (127.83%), Zinc: 12.82mg (85.48%), Vitamin B12: 4.44µg (73.94%), Selenium: 40.31µg (57.58%), Vitamin A: 2474.17IU (49.48%), Vitamin B3: 9.53mg (47.67%), Vitamin B6: 0.93mg (46.31%), Phosphorus: 392.08mg (39.21%), Manganese: 0.75mg (37.26%), Iron: 5.7mg (31.66%), Potassium: 985.82mg (28.17%), Vitamin B2: 0.4mg (23.34%), Vitamin B5: 1.87mg (18.68%), Magnesium: 68.23mg (17.06%), Vitamin B1: 0.23mg (15.24%), Copper: 0.3mg (15.18%), Vitamin E: 2.2mg (14.68%), Fiber: 3.33g (13.32%), Folate: 51.79µg (12.95%), Calcium: 87.09mg (8.71%), Vitamin K: 8.88µg (8.46%)