



 **58%**
HEALTH SCORE

Slow-Cooker Zesty Italian Beef Tips

 Dairy Free  Very Healthy

READY IN



490 min.

SERVINGS



6

CALORIES



516 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 lb stew meat
- 1 cup onion whole frozen thawed (from 1-lb bag)
- 6 oz greek olives pitted drained
- 0.3 cup sun-dried tomatoes drained chopped in oil
- 26 oz tomatoes
- 12 oz farfalle pasta uncooked (farfalle)

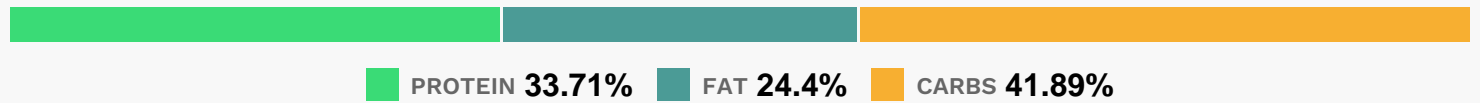
Equipment

- slow cooker

Directions

- In 3 1/2- to 4-quart slow cooker, place beef and onions. Top with olives and tomatoes.
- Pour marinara sauce over top.
- Cover; cook on Low heat setting 8 to 10 hours.
- About 25 minutes before serving, cook and drain pasta as directed on package.
- Serve beef mixture over pasta.

Nutrition Facts



Properties

Glycemic Index:19, Glycemic Load:19.68, Inflammation Score:-8, Nutrition Score:29.491304273191%

Flavonoids

Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 5.41mg, Quercetin: 5.41mg, Quercetin: 5.41mg

Nutrients (% of daily need)

Calories: 516.3kcal (25.82%), Fat: 13.95g (21.46%), Saturated Fat: 3.48g (21.74%), Carbohydrates: 53.87g (17.96%), Net Carbohydrates: 48.47g (17.62%), Sugar: 7.17g (7.97%), Cholesterol: 93.74mg (31.25%), Sodium: 1129.95mg (49.13%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 43.36g (86.72%), Selenium: 79.02µg (112.89%), Vitamin B3: 12.72mg (63.59%), Vitamin B6: 1.25mg (62.43%), Zinc: 7.46mg (49.76%), Phosphorus: 482.77mg (48.28%), Vitamin B12: 2.8µg (46.62%), Manganese: 0.74mg (36.77%), Potassium: 1153.36mg (32.95%), Iron: 5.39mg (29.94%), Copper: 0.53mg (26.33%), Magnesium: 95.5mg (23.88%), Vitamin B2: 0.39mg (22.85%), Vitamin E: 3.37mg (22.47%), Fiber: 5.4g (21.6%), Vitamin C: 16.79mg (20.36%), Vitamin B1: 0.25mg (16.74%), Vitamin A: 722.47IU (14.45%), Vitamin B5: 1.35mg (13.52%), Folate: 48.24µg (12.06%), Calcium: 81.58mg (8.16%), Vitamin K: 5.81µg (5.54%)