



Smothered Steak

 Dairy Free

READY IN



18 min.

SERVINGS



6

CALORIES



311 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 14.5 ounce canned tomatoes undrained canned
- ☐ 3 cups rice long-grain cooked (without salt or fat)
- ☐ 3 tablespoons flour all-purpose
- ☐ 10 ounce onion frozen thawed chopped
- ☐ 0.3 teaspoon pepper
- ☐ 1 tablespoon red wine vinegar
- ☐ 1.5 pound top round boneless lean
- ☐ 0.3 teaspoon salt

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3 tablespoons worcestershire sauce low-sodium

Equipment

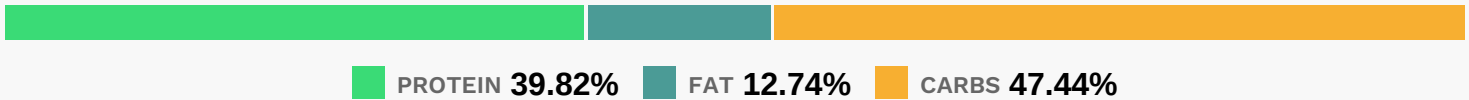
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slow cooker

Directions

- ☐
- Trim fat from steak; cut steak into 1 1/2-inch pieces.
- ☐
- Place steak in a 4-quart electric slow cooker.
- ☐
- Add flour and pepper; toss.
- ☐
- Add tomato and next 4 ingredients; stir well. Cover and cook on low setting 8 hours or until steak is tender, stirring once. Spoon over rice.

Nutrition Facts



Properties

Glycemic Index:46.83, Glycemic Load:28.37, Inflammation Score:-5, Nutrition Score:20.330000120661%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 2.37mg, Isorhamnetin: 2.37mg, Isorhamnetin: 2.37mg, Isorhamnetin: 2.37mg Kaempferol: 0.31mg, Kaempferol: 0.31mg, Kaempferol: 0.31mg, Kaempferol: 0.31mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 9.59mg, Quercetin: 9.59mg, Quercetin: 9.59mg, Quercetin: 9.59mg

Nutrients (% of daily need)

Calories: 310.69kcal (15.53%), Fat: 4.32g (6.65%), Saturated Fat: 1.42g (8.9%), Carbohydrates: 36.22g (12.07%), Net Carbohydrates: 33.67g (12.24%), Sugar: 5.92g (6.58%), Cholesterol: 69.17mg (23.06%), Sodium: 373.38mg (16.23%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 30.39g (60.79%), Selenium: 44.06µg (62.95%), Vitamin B6: 1mg (50.24%), Vitamin B3: 9.29mg (46.45%), Zinc: 5.88mg (39.19%), Phosphorus: 333.09mg (33.31%), Manganese: 0.61mg (30.63%), Vitamin B12: 1.53µg (25.51%), Potassium: 794.46mg (22.7%), Iron: 4.03mg (22.37%), Copper: 0.34mg (17.17%), Vitamin B1: 0.23mg (15.47%), Vitamin B2: 0.26mg (15%), Magnesium: 58.43mg (14.61%), Vitamin B5: 1.34mg (13.44%), Vitamin C: 10.92mg (13.23%), Folate: 43.69µg (10.92%), Fiber: 2.54g (10.17%), Vitamin E: 1.24mg (8.24%), Calcium: 77.25mg (7.72%), Vitamin K: 5.41µg (5.16%), Vitamin A: 155.42IU (3.11%)