



## Steak San Marco

 Dairy Free  Low Fod Map

READY IN



245 min.

SERVINGS



6

CALORIES



193 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- 1.5 pounds beef stew meat
- 16 ounce tomato sauce canned
- 1 ounce onion soup mix dry lipton® (such as )
- 0.3 cup vinegar

## Equipment

- slow cooker

## Directions

- Combine beef stew meat, tomato sauce, vinegar, and onion soup mix in a slow cooker.
- Cook on Low until the beef is tender, 4 to 6 hours.

## Nutrition Facts



## Properties

Glycemic Index:15.83, Glycemic Load:1.3, Inflammation Score:-4, Nutrition Score:15.729130236999%

## Nutrients (% of daily need)

Calories: 192.66kcal (9.63%), Fat: 5.87g (9.03%), Saturated Fat: 1.96g (12.26%), Carbohydrates: 7.09g (2.36%), Net Carbohydrates: 5.65g (2.05%), Sugar: 2.92g (3.24%), Cholesterol: 70.31mg (23.44%), Sodium: 801.51mg (34.85%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 26.46g (52.92%), Selenium: 32.15µg (45.93%), Vitamin B3: 8.48mg (42.41%), Vitamin B6: 0.84mg (42.1%), Vitamin B12: 2.1µg (34.96%), Zinc: 4.94mg (32.92%), Phosphorus: 274.61mg (27.46%), Potassium: 645.49mg (18.44%), Iron: 3.12mg (17.36%), Vitamin B2: 0.24mg (14.32%), Copper: 0.22mg (10.77%), Magnesium: 41.5mg (10.37%), Vitamin E: 1.43mg (9.57%), Vitamin B1: 0.14mg (9.12%), Vitamin B5: 0.77mg (7.68%), Manganese: 0.13mg (6.7%), Vitamin C: 5.45mg (6.61%), Vitamin A: 328.05IU (6.56%), Fiber: 1.45g (5.78%), Folate: 21.55µg (5.39%), Calcium: 39.52mg (3.95%), Vitamin K: 3.54µg (3.37%)