



## Sweet-Hot Steak Bites

 **Gluten Free**  **Dairy Free**

READY IN



190 min.

SERVINGS



5

CALORIES



203 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- 0.3 cup asian chile sauce sweet
- 8 ounce pineapple packed in juice, lightly drained crushed canned
- 5 servings cherry tomatoes for serving, optional
- 0.3 teaspoon pepper red crushed to taste
- 1 onion finely chopped
- 5 servings salt and pepper black freshly ground
- 0.5 teaspoon lite soy sauce reduced-sodium
- 1 pound leanest cut available raw lean cut into 30 bite-size pieces

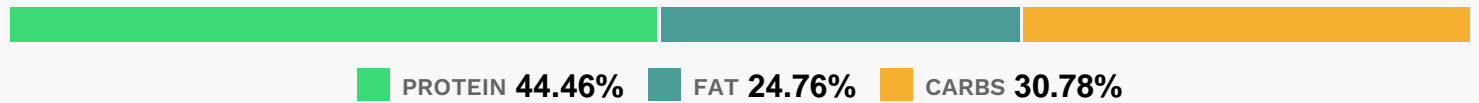
## Equipment

- toothpicks
- slow cooker

## Directions

- Place pineapple, chile sauce, soy sauce, and crushed red pepper in a crock pot.
- Mix well.
- Season beef with 1/8 teaspoon salt and 1/8 teaspoon pepper and add to the crock pot.
- Add onion and stir to coat.
- Cover and cook on high for 3 to 4 hours or on low for 7 to 8 hours.
- Season with additional crushed red pepper, if desired and serve with tomatoes, if using.
- Serve with excess sauce and toothpicks. Yum!

## Nutrition Facts



## Properties

Glycemic Index:14.8, Glycemic Load:0.47, Inflammation Score:-7, Nutrition Score:17.285217513209%

## Flavonoids

Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 1.1mg, Isorhamnetin: 1.1mg, Isorhamnetin: 1.1mg, Isorhamnetin: 1.1mg Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 5.5mg, Quercetin: 5.5mg, Quercetin: 5.5mg, Quercetin: 5.5mg

## Nutrients (% of daily need)

Calories: 203.23kcal (10.16%), Fat: 5.63g (8.67%), Saturated Fat: 2.03g (12.67%), Carbohydrates: 15.76g (5.25%), Net Carbohydrates: 13.69g (4.98%), Sugar: 11.67g (12.96%), Cholesterol: 58.06mg (19.35%), Sodium: 1316.82mg (57.25%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 22.76g (45.52%), Vitamin C: 39.71mg (48.14%), Selenium: 30.14µg (43.05%), Vitamin B6: 0.81mg (40.32%), Vitamin B3: 7.15mg (35.74%), Zinc: 3.93mg (26.2%), Phosphorus: 242.92mg (24.29%), Potassium: 781.24mg (22.32%), Magnesium: 70.82mg (17.7%), Vitamin A: 778.89IU (15.58%), Iron: 2.79mg (15.52%), Vitamin B12: 0.92µg (15.3%), Copper: 0.25mg (12.4%), Manganese: 0.25mg (12.36%), Vitamin B1: 0.18mg (11.96%), Folate: 45.52µg (11.38%), Vitamin B2: 0.17mg (9.76%), Vitamin B5: 0.83mg

(8.29%), Fiber: 2.06g (8.26%), Vitamin E: 1.16mg (7.75%), Vitamin K: 5.91µg (5.63%), Calcium: 56.1mg (5.61%)