

Swiss Steak



Gluten Free



Dairy Free

READY IN



100 min.

SERVINGS



4

CALORIES



295 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 medium bell pepper cut into strips
- ☐ 14 ounce canned tomatoes diced canned
- ☐ 2 cloves garlic crushed
- ☐ 1 teaspoon garlic powder
- ☐ 1 medium onion cut into strips
- ☐ 1 round steak
- ☐ 4 servings salt and pepper
- ☐ 0.3 cup vegetable oil

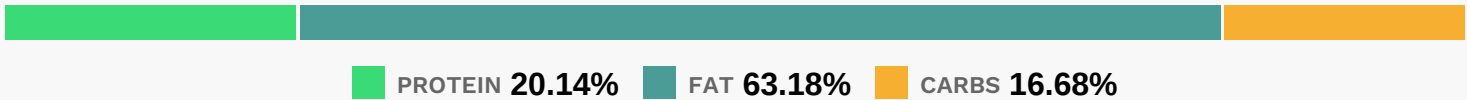
Equipment

- ☐ frying pan
- ☐ dutch oven
- ☐ slow cooker

Directions

- ☐ Cut steak into serving-size pieces. Season, to taste, with garlic powder and salt and pepper. Dust meat with flour. In heavy skillet, brown both sides of meat in vegetable oil.
- ☐ Transfer to Dutch oven.
- ☐ Combine garlic, tomatoes, onion, bell pepper, and 1 tomato-can measure of water.
- ☐ Pour over steak and simmer over low heat until meat is tender, about 1 1/2 hours adding water, if necessary to keep meat partially covered. Season, to taste, with additional salt and pepper. Hint: Cook this in a slow-cooker, according to manufacturers instructions, on low for a most fabulous dinner. Low heat on a slow cooker is about 200 degrees F and high heat on a slow cooker is about 300 degrees F.
- ☐ Note: to ensure tenderness, it is necessary to have the butcher run the round steak through a cuber.

Nutrition Facts



Properties

Glycemic Index:33, Glycemic Load:3.14, Inflammation Score:-8, Nutrition Score:17.975652378538%

Flavonoids

Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 5.68mg, Quercetin: 5.68mg, Quercetin: 5.68mg, Quercetin: 5.68mg

Nutrients (% of daily need)

Calories: 294.9kcal (14.74%), Fat: 21.27g (32.73%), Saturated Fat: 3.77g (23.55%), Carbohydrates: 12.64g (4.21%), Net Carbohydrates: 9.56g (3.48%), Sugar: 6.81g (7.57%), Cholesterol: 35.6mg (11.86%), Sodium: 359.96mg (15.65%),

Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 15.26g (30.53%), Vitamin C: 49.72mg (60.27%), Vitamin K: 40.94µg (38.99%), Vitamin B6: 0.68mg (33.79%), Vitamin B3: 5.45mg (27.26%), Selenium: 17.31µg (24.73%), Vitamin A: 1145.49IU (22.91%), Vitamin E: 3.38mg (22.52%), Zinc: 2.85mg (19.02%), Phosphorus: 178.29mg (17.83%), Vitamin B12: 1.07µg (17.8%), Potassium: 607.53mg (17.36%), Iron: 2.75mg (15.26%), Manganese: 0.29mg (14.56%), Copper: 0.26mg (13.15%), Fiber: 3.08g (12.31%), Vitamin B1: 0.16mg (10.87%), Vitamin B2: 0.18mg (10.54%), Magnesium: 41.25mg (10.31%), Folate: 39.55µg (9.89%), Vitamin B5: 0.8mg (8%), Calcium: 56.87mg (5.69%)