



## Barbecue Beef for Sandwiches

 Gluten Free

READY IN



170 min.

SERVINGS



20

CALORIES



203 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

## Ingredients

- 0.5 teaspoon pepper black freshly ground
- 2 tablespoons brown sugar
- 2 tablespoons butter
- 12 ounces chile sauce
- 4 pounds chuck roast boneless
- 3 cloves garlic minced
- 0.1 teaspoon ground pepper
- 1 teaspoon ground mustard

- 1 onion chopped
- 1 teaspoon salt
- 3 tablespoons distilled vinegar white
- 2 tablespoons worcestershire sauce

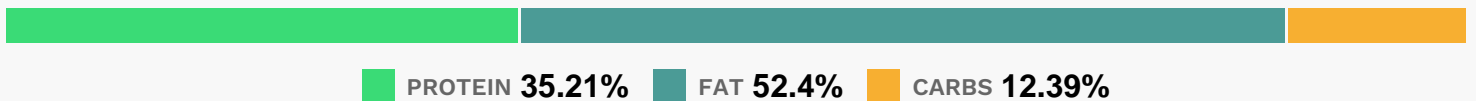
## Equipment

- frying pan

## Directions

- Place roast in a large covered pan. Roast at 325 degrees F (165 degrees C) for 2 hours, or until the meat falls apart and shreds easily.
- In a large skillet, melt butter over medium heat.
- Add onions, and saute until onions become translucent.
- Stir in vinegar and chili sauce. Fill empty chili sauce bottle with water, shake, and pour liquid into skillet.
- Mix in brown sugar, mustard, Worcestershire sauce, black pepper, salt, cayenne pepper, and garlic. Cook sauce over low heat, stirring often, until thickened.
- With two forks, shred roasted beef. Stir meat into the sauce in the skillet, and simmer for 30 minutes.

## Nutrition Facts



## Properties

Glycemic Index:11.05, Glycemic Load:0.16, Inflammation Score:-1, Nutrition Score:10.003043503865%

## Flavonoids

Isorhamnetin: 0.28mg, Isorhamnetin: 0.28mg, Isorhamnetin: 0.28mg, Isorhamnetin: 0.28mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 1.12mg, Quercetin: 1.12mg, Quercetin: 1.12mg, Quercetin: 1.12mg

## Nutrients (% of daily need)

Calories: 202.91kcal (10.15%), Fat: 11.6g (17.84%), Saturated Fat: 5.3g (33.12%), Carbohydrates: 6.17g (2.06%), Net Carbohydrates: 5.35g (1.94%), Sugar: 4.53g (5.03%), Cholesterol: 65.61mg (21.87%), Sodium: 1057.25mg (45.97%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 17.53g (35.07%), Zinc: 6.85mg (45.66%), Vitamin B12: 2.48µg (41.32%), Selenium: 19.04µg (27.2%), Vitamin B3: 3.95mg (19.76%), Vitamin B6: 0.36mg (18.05%), Phosphorus: 176.18mg (17.62%), Iron: 2.02mg (11.23%), Potassium: 328.28mg (9.38%), Vitamin B2: 0.14mg (8.04%), Vitamin B5: 0.57mg (5.71%), Magnesium: 18.76mg (4.69%), Vitamin B1: 0.07mg (4.36%), Fiber: 0.82g (3.28%), Copper: 0.06mg (3.22%), Calcium: 21.37mg (2.14%), Manganese: 0.04mg (1.76%), Vitamin K: 1.6µg (1.53%), Vitamin E: 0.22mg (1.45%), Vitamin A: 53.78IU (1.08%), Folate: 4.15µg (1.04%)