



Barbecue Beef Sandwiches

 Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



233 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 teaspoons five-spice powder
- ☐ 0.5 teaspoon pepper black freshly ground
- ☐ 1 teaspoon pepper red crushed
- ☐ 2 tablespoons brown sugar dark
- ☐ 2 pounds flank steak trimmed
- ☐ 0.3 cup cilantro leaves fresh chopped
- ☐ 1 tablespoon hoisin sauce
- ☐ 1.5 cups beef broth low-sodium

- ☐ 0.5 cup soya sauce low-sodium
- ☐ 2 tablespoons blackstrap molasses
- ☐ 1 cup onion chopped
- ☐ 0.3 cup rice vinegar
- ☐ 2.5 ounce hoagie rolls
- ☐ 0.5 cup water

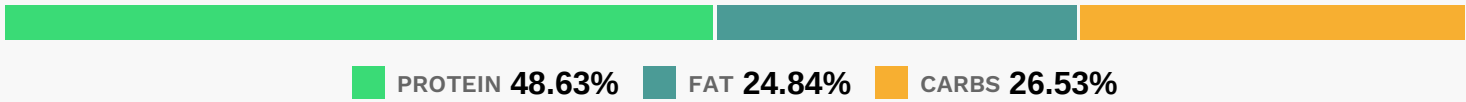
Equipment

- ☐ frying pan
- ☐ dutch oven
- ☐ cutting board

Directions

- ☐ Combine first 9 ingredients in a large Dutch oven over medium-high heat, and bring to a boil.
- ☐ Add onion and beef; return to a boil. Cover, reduce heat, and simmer 1 hour and 45 minutes or until beef is tender, stirring occasionally.
- ☐ Remove from heat; let stand 10 minutes.
- ☐ Transfer beef to a cutting board, reserving cooking liquid in pan. Shred beef with 2 forks. Return shredded beef to pan; stir in hoisin sauce. Bring the mixture to a boil; reduce heat, and simmer 20 minutes or until most of the liquid evaporates, stirring occasionally.
- ☐ Remove from heat, and let stand 5 minutes. Stir in cilantro.
- ☐ Serve on rolls.

Nutrition Facts



Properties

Glycemic Index:32.88, Glycemic Load:4.96, Inflammation Score:-4, Nutrition Score:14.266086847886%

Flavonoids

Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 4.32mg, Quercetin: 4.32mg, Quercetin: 4.32mg, Quercetin: 4.32mg

Nutrients (% of daily need)

Calories: 233.11kcal (11.66%), Fat: 6.29g (9.67%), Saturated Fat: 2.39g (14.95%), Carbohydrates: 15.1g (5.03%), Net Carbohydrates: 14.18g (5.16%), Sugar: 8.69g (9.65%), Cholesterol: 68.1mg (22.7%), Sodium: 794.15mg (34.53%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 27.69g (55.38%), Selenium: 34.75µg (49.64%), Vitamin B6: 0.78mg (39.22%), Vitamin B3: 7.41mg (37.03%), Zinc: 4.59mg (30.63%), Phosphorus: 269.66mg (26.97%), Iron: 4.05mg (22.48%), Potassium: 665.07mg (19%), Vitamin B12: 1.03µg (17.2%), Magnesium: 53.44mg (13.36%), Manganese: 0.24mg (11.95%), Vitamin B2: 0.18mg (10.87%), Vitamin B5: 0.85mg (8.5%), Copper: 0.14mg (7.2%), Vitamin B1: 0.1mg (6.92%), Folate: 26.55µg (6.64%), Calcium: 56.47mg (5.65%), Fiber: 0.92g (3.68%), Vitamin E: 0.51mg (3.42%), Vitamin K: 3.47µg (3.3%), Vitamin A: 112.18IU (2.24%), Vitamin C: 1.83mg (2.22%)