



Barbecue Beefwiches

 Dairy Free

READY IN



45 min.

SERVINGS



12

CALORIES



354 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 cup firmly brown sugar dark packed
- ☐ 2.5 cups cabbage shredded finely
- ☐ 0.5 cup carrots shredded finely
- ☐ 1.5 cups catsup reduced-calorie
- ☐ 0.1 teaspoon celery seeds
- ☐ 1 tablespoon onion flakes dried
- ☐ 0.1 teaspoon garlic powder
- ☐ 12 hamburger buns split toasted

- ☐ 1 teaspoon liquid smoke
- ☐ 0.5 teaspoon pepper
- ☐ 0.3 cup red wine vinegar
- ☐ 3 pound beef rump roast lean
- ☐ 0.5 teaspoon salt
- ☐ 1.5 tablespoons sugar
- ☐ 2 tablespoons pickle sweet minced
- ☐ 1.5 teaspoons vegetable oil
- ☐ 2 tablespoons vinegar white

Equipment

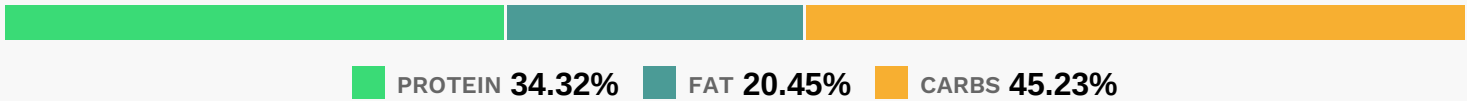
- ☐ frying pan
- ☐ paper towels
- ☐ sauce pan
- ☐ dutch oven

Directions

- ☐ Trim fat from roast. Coat a Dutch oven with cooking spray; place over medium heat until hot.
- ☐ Add roast; cook until browned on all sides, turning frequently.
- ☐ Remove roast from pan; wipe drippings from pan with a paper towel.
- ☐ Combine catsup and next 7 ingredients, stirring well. Return roast to pan, and pour catsup mixture over roast. Bring to a boil. Cover, reduce heat, and simmer 4 hours or until meat is tender.
- ☐ Remove roast from pan, reserving sauce in pan.
- ☐ Let roast cool slightly. Shred meat with 2 forks, and return to pan. Cover and cook over medium heat until thoroughly heated, stirring occasionally.
- ☐ Combine cabbage and carrot.
- ☐ Combine vinegar and next 4 ingredients in a saucepan; bring to a boil, stirring occasionally. Boil 1 minute.

Pour over cabbage mixture, and toss gently. Spoon about 1/2 cup meat mixture on bottom half of each bun; top each with 1/4 cup cabbage mixture and a remaining bun half.

Nutrition Facts



Properties

Glycemic Index:25.83, Glycemic Load:14.32, Inflammation Score:-7, Nutrition Score:20.556521809619%

Flavonoids

Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Quercetin: 0.31mg, Quercetin: 0.31mg, Quercetin: 0.31mg, Quercetin: 0.31mg

Nutrients (% of daily need)

Calories: 354.35kcal (17.72%), Fat: 7.95g (12.23%), Saturated Fat: 2.39g (14.93%), Carbohydrates: 39.58g (13.19%), Net Carbohydrates: 38.11g (13.86%), Sugar: 18.27g (20.3%), Cholesterol: 70.31mg (23.44%), Sodium: 665.74mg (28.95%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 30.02g (60.05%), Selenium: 43.5µg (62.14%), Vitamin B3: 9.99mg (49.95%), Vitamin B6: 0.85mg (42.56%), Vitamin B12: 2.18µg (36.4%), Zinc: 5.14mg (34.26%), Phosphorus: 303.52mg (30.35%), Vitamin B1: 0.36mg (23.84%), Iron: 4.1mg (22.78%), Vitamin B2: 0.37mg (21.74%), Vitamin A: 1078.98IU (21.58%), Vitamin K: 18.46µg (17.58%), Manganese: 0.34mg (17.11%), Potassium: 586.47mg (16.76%), Folate: 65.95µg (16.49%), Magnesium: 44.99mg (11.25%), Calcium: 104.5mg (10.45%), Copper: 0.2mg (9.82%), Vitamin C: 7.8mg (9.45%), Vitamin E: 1.01mg (6.72%), Fiber: 1.47g (5.87%), Vitamin B5: 0.57mg (5.7%)