



Barbecue Roast

 Dairy Free

READY IN



45 min.

SERVINGS



10

CALORIES



445 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.3 cup firmly brown sugar divided packed
- 3 pound chuck roast boneless
- 0.8 cup cola drink soft
- 10 servings hamburger buns
- 0.5 teaspoon hot sauce
- 2 cups catsup
- 0.3 cup liquid smoke
- 1 tablespoon mustard prepared

- 0.5 teaspoon pepper
- 1 teaspoon salt
- 2 cups water
- 2 tablespoons vinegar white
- 2 tablespoons worcestershire sauce

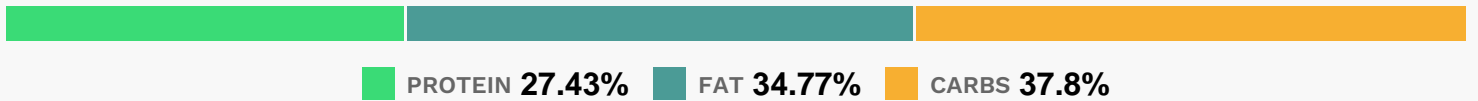
Equipment

- sauce pan
- dutch oven

Directions

- Sprinkle roast with salt and pepper, and rub with 2 tablespoons brown sugar.
- Place in a Dutch oven, and add 2 cups water. Cook, partially covered, over low heat 2 hours or until tender.
- Remove roast, and shred.
- Bring remaining 2 tablespoons brown sugar, ketchup, and next 6 ingredients to a boil in a heavy saucepan. Reduce heat, and simmer 15 minutes or until thickened. Stir in shredded roast.
- Serve on hamburger buns.

Nutrition Facts



Properties

Glycemic Index:23.9, Glycemic Load:13.96, Inflammation Score:-4, Nutrition Score:21.093478252058%

Flavonoids

Quercetin: 0.41mg, Quercetin: 0.41mg, Quercetin: 0.41mg, Quercetin: 0.41mg

Nutrients (% of daily need)

Calories: 445.22kcal (22.26%), Fat: 17.41g (26.78%), Saturated Fat: 7.24g (45.22%), Carbohydrates: 42.58g (14.19%), Net Carbohydrates: 41.58g (15.12%), Sugar: 20.64g (22.94%), Cholesterol: 93.89mg (31.3%), Sodium: 1074.33mg

(46.71%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 30.89g (61.79%), Zinc: 10.66mg (71.05%), Vitamin B12: 3.8µg (63.35%), Selenium: 40.7µg (58.14%), Vitamin B3: 8.41mg (42.04%), Phosphorus: 319.05mg (31.91%), Vitamin B6: 0.63mg (31.4%), Iron: 4.75mg (26.39%), Vitamin B2: 0.41mg (24.14%), Vitamin B1: 0.33mg (22.27%), Potassium: 677.97mg (19.37%), Manganese: 0.32mg (16.21%), Folate: 49.28µg (12.32%), Magnesium: 44.33mg (11.08%), Calcium: 103.97mg (10.4%), Copper: 0.19mg (9.53%), Vitamin B5: 0.87mg (8.71%), Vitamin E: 1.08mg (7.23%), Vitamin K: 5.77µg (5.5%), Vitamin A: 268.98IU (5.38%), Fiber: 1.01g (4.03%), Vitamin C: 3.12mg (3.79%)