



Barbecued Beef

 **Gluten Free**  **Dairy Free**  **Popular**

READY IN



620 min.

SERVINGS



12

CALORIES



325 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.3 cup brown sugar packed
- 4 pound chuck roast boneless
- 0.3 teaspoon garlic powder
- 0.3 teaspoon ground pepper black
- 1.5 cups catsup
- 1 teaspoon liquid smoke flavoring
- 2 tablespoons mustard dijon-style prepared
- 0.3 cup red wine vinegar

- 0.5 teaspoon salt
- 2 tablespoons worcestershire sauce

Equipment

- bowl
- slow cooker

Directions

- In a large bowl, combine ketchup, brown sugar, red wine vinegar, Dijon-style mustard, Worcestershire sauce, and liquid smoke. Stir in salt, pepper, and garlic powder.
- Place chuck roast in a slow cooker.
- Pour ketchup mixture over chuck roast. Cover, and cook on Low for 8 to 10 hours.
- Remove chuck roast from slow cooker, shred with a fork, and return to the slow cooker. Stir meat to evenly coat with sauce. Continue cooking approximately 1 hour.

Nutrition Facts

PROTEIN 35.8% **FAT 47.81%** **CARBS 16.39%**

Properties

Glycemic Index:5.75, Glycemic Load:0.02, Inflammation Score:-2, Nutrition Score:17.296521642934%

Flavonoids

Quercetin: 0.26mg, Quercetin: 0.26mg, Quercetin: 0.26mg, Quercetin: 0.26mg

Nutrients (% of daily need)

Calories: 324.84kcal (16.24%), Fat: 17.47g (26.88%), Saturated Fat: 7.63g (47.72%), Carbohydrates: 13.48g (4.49%), Net Carbohydrates: 13.26g (4.82%), Sugar: 11.16g (12.4%), Cholesterol: 104.33mg (34.78%), Sodium: 558.45mg (24.28%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 29.44g (58.88%), Zinc: 11.45mg (76.32%), Vitamin B12: 4.13µg (68.79%), Selenium: 32.29µg (46.13%), Vitamin B3: 7.01mg (35.03%), Vitamin B6: 0.63mg (31.56%), Phosphorus: 298.87mg (29.89%), Iron: 3.5mg (19.46%), Potassium: 622.05mg (17.77%), Vitamin B2: 0.27mg (16.15%), Vitamin B5: 0.96mg (9.57%), Magnesium: 34.93mg (8.73%), Vitamin B1: 0.11mg (7.34%), Copper: 0.13mg (6.44%), Vitamin E: 0.74mg (4.91%), Calcium: 39.21mg (3.92%), Vitamin A: 177.8IU (3.56%), Manganese: 0.07mg (3.33%), Vitamin K: 3.3µg (3.15%), Vitamin C: 1.63mg (1.98%), Folate: 7.72µg (1.93%), Vitamin D: 0.15µg (1.01%)