

Barbecued Beef and Pork Sandwiches

 Dairy Free

READY IN



500 min.

SERVINGS



12

CALORIES



273 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.5 cup brown sugar packed
- 3 teaspoons chili powder
- 0.5 pound roast chickens boneless trimmed of fat cut into 2-inch pieces
- 1 cup bell pepper green chopped
- 1 teaspoon ground mustard
- 1.5 cups onion chopped
- 0.5 pound beef shoulder roast boneless trimmed of fat cut into 3-inch pieces
- 1 teaspoon salt

- 12 sandwich rolls split
- 6 ounces canned tomatoes canned
- 0.3 cup vinegar white
- 2 teaspoons worcestershire sauce

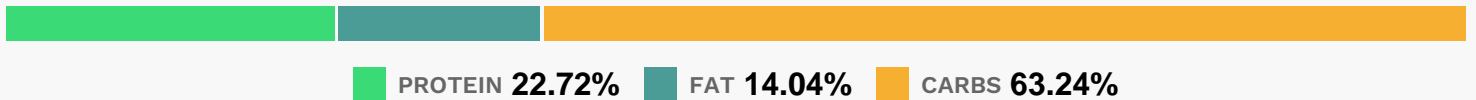
Equipment

- slotted spoon
- slow cooker
- cutting board

Directions

- Mix all ingredients except tomato paste and buns in 3 1/2- to 4-quart slow cooker.
- Cover and cook on low heat setting 8 to 10 hours or until beef and pork are tender.
- Remove beef and pork from cooker, using slotted spoon; place on cutting board. Shred meat with 2 forks; return to cooker. Stir in tomato paste.
- Cover and cook on high heat setting 5 to 10 minutes or until hot.
- Serve beef and pork mixture on buns. Meat mixture will hold on low heat setting up to 2 hours.

Nutrition Facts



Properties

Glycemic Index:10.42, Glycemic Load:0.74, Inflammation Score:-5, Nutrition Score:13.695217448732%

Flavonoids

Luteolin: 0.59mg, Luteolin: 0.59mg, Luteolin: 0.59mg, Luteolin: 0.59mg Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 4.33mg, Quercetin: 4.33mg, Quercetin: 4.33mg, Quercetin: 4.33mg

Nutrients (% of daily need)

Calories: 273.01kcal (13.65%), Fat: 4.24g (6.53%), Saturated Fat: 1.05g (6.54%), Carbohydrates: 43g (14.33%), Net Carbohydrates: 40.67g (14.79%), Sugar: 11.82g (13.13%), Cholesterol: 15.31mg (5.1%), Sodium: 568.63mg (24.72%),

Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 15.45g (30.9%), Selenium: 32.21µg (46.01%), Vitamin B3: 5.07mg (25.35%), Vitamin B1: 0.35mg (23.19%), Vitamin B6: 0.41mg (20.27%), Zinc: 2.97mg (19.77%), Iron: 3.35mg (18.6%), Vitamin B2: 0.31mg (18.03%), Manganese: 0.36mg (17.77%), Phosphorus: 161.57mg (16.16%), Vitamin B12: 0.96µg (15.97%), Folate: 62.94µg (15.73%), Vitamin C: 12.91mg (15.65%), Copper: 0.2mg (9.76%), Fiber: 2.33g (9.3%), Potassium: 325.01mg (9.29%), Magnesium: 33.29mg (8.32%), Calcium: 79.05mg (7.9%), Vitamin B5: 0.59mg (5.87%), Vitamin E: 0.69mg (4.59%), Vitamin A: 226.66IU (4.53%), Vitamin K: 2.94µg (2.8%)