



Barbecued Beef Sandwiches

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

READY IN



195 min.

SERVINGS



8

CALORIES



366 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 3 pounds beef chuck
- 28 ounce canned tomatoes diced with juice canned
- 2 onions chopped
- 8 servings salt and pepper to taste
- 3 tablespoons sugar
- 0.5 cup water
- 0.5 cup distilled vinegar white
- 10 fluid ounce worcestershire sauce

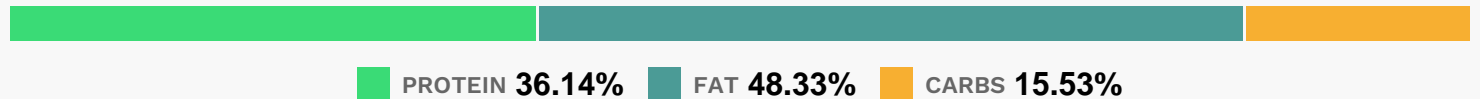
Equipment

dutch oven

Directions

- Place roast in a Dutch oven, and sprinkle with chopped onions. Cover with tomatoes, water, sugar and Worcestershire sauce. Season with salt and pepper.
- Cook over medium heat with lid slightly ajar for 3 hours.
- Remove meat, and shred with 2 forks. Discard bones, fat and gristle. place shredded meat back into sauce, and cook until liquid is reduced, 15 to 20 minutes.

Nutrition Facts



Properties

Glycemic Index:18.39, Glycemic Load:3.71, Inflammation Score:-5, Nutrition Score:20.367391244225%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 5.58mg, Quercetin: 5.58mg, Quercetin: 5.58mg

Nutrients (% of daily need)

Calories: 365.83kcal (18.29%), Fat: 19.57g (30.11%), Saturated Fat: 8.59g (53.67%), Carbohydrates: 14.15g (4.72%), Net Carbohydrates: 13.69g (4.98%), Sugar: 9.36g (10.4%), Cholesterol: 117.37mg (39.12%), Sodium: 814.28mg (35.4%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 32.93g (65.85%), Zinc: 12.91mg (86.08%), Vitamin B12: 4.64µg (77.39%), Selenium: 35.47µg (50.67%), Vitamin B3: 7.65mg (38.23%), Phosphorus: 352.27mg (35.23%), Vitamin B6: 0.68mg (34.22%), Iron: 5.56mg (30.91%), Potassium: 901.02mg (25.74%), Vitamin B2: 0.3mg (17.82%), Vitamin B5: 1.08mg (10.78%), Magnesium: 40.19mg (10.05%), Vitamin B1: 0.15mg (10.05%), Copper: 0.19mg (9.61%), Vitamin C: 6.84mg (8.29%), Calcium: 76.36mg (7.64%), Folate: 13.28µg (3.32%), Manganese: 0.06mg (3.1%), Vitamin K: 3.03µg (2.89%), Vitamin E: 0.36mg (2.39%), Fiber: 0.47g (1.87%), Vitamin D: 0.17µg (1.13%), Vitamin A: 51.86IU (1.04%)