



Barbecued-Beef Sandwiches

 Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



539 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 cup bottled barbecue sauce
- ☐ 2 pounds boned chuck roast
- ☐ 1 tablespoon cornstarch
- ☐ 12 ounce hamburger buns toasted
- ☐ 2 cups onion vertically sliced
- ☐ 1 tablespoon water

Equipment

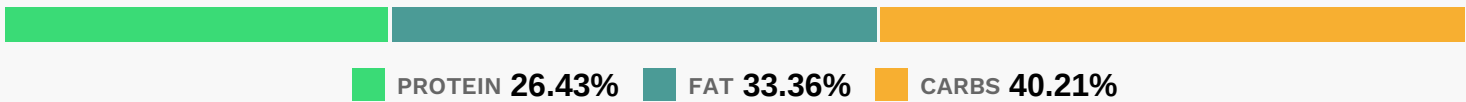
- ☐ slotted spoon

☐ slow cooker

Directions

- ☐ Trim fat from beef, and cut into 1-inch cubes.
- ☐ Place beef in an electric slow cooker; stir in onion and barbecue sauce. Cover with lid; cook on low-heat setting for 8 hours.
- ☐ Remove beef and onions from slow cooker with a slotted spoon. Shred beef mixture with 2 forks; set aside.
- ☐ Combine cornstarch and water, and add cornstarch mixture to barbecue sauce mixture in slow cooker, stirring well. Cover with lid, and cook on high-heat setting for 1 minute. Return the shredded-beef mixture to slow cooker; cover and cook 10 minutes.
- ☐ Serve on rolls.
- ☐ Note: You can freeze the barbecued-beef mixture in an airtight container for up to 3 months.

Nutrition Facts



Properties

Glycemic Index:14.83, Glycemic Load:18.08, Inflammation Score:-5, Nutrition Score:24.468695568002%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 2.67mg, Isorhamnetin: 2.67mg, Isorhamnetin: 2.67mg, Isorhamnetin: 2.67mg Kaempferol: 0.35mg, Kaempferol: 0.35mg, Kaempferol: 0.35mg, Kaempferol: 0.35mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 10.83mg, Quercetin: 10.83mg, Quercetin: 10.83mg, Quercetin: 10.83mg

Nutrients (% of daily need)

Calories: 538.75kcal (26.94%), Fat: 19.93g (30.66%), Saturated Fat: 8.14g (50.9%), Carbohydrates: 54.05g (18.02%), Net Carbohydrates: 51.68g (18.79%), Sugar: 22.21g (24.68%), Cholesterol: 104.33mg (34.78%), Sodium: 895.91mg (38.95%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 35.52g (71.04%), Zinc: 11.96mg (79.71%), Vitamin B12: 4.24µg (70.68%), Selenium: 47.49µg (67.85%), Vitamin B3: 9.25mg (46.27%), Phosphorus: 368.2mg (36.82%), Vitamin B6: 0.71mg (35.73%), Iron: 5.51mg (30.63%), Vitamin B1: 0.44mg (29.54%), Vitamin B2: 0.43mg (25.22%), Manganese: 0.46mg (22.91%), Potassium: 759.64mg (21.7%), Folate: 68.92µg (17.23%), Calcium: 135.45mg (13.54%), Magnesium: 53.36mg (13.34%), Vitamin B5: 1.07mg (10.72%), Copper: 0.21mg (10.51%), Fiber: 2.37g

(9.47%), Vitamin C: 4.97mg (6.02%), Vitamin K: 6.06µg (5.77%), Vitamin E: 0.83mg (5.55%), Vitamin A: 128.06IU (2.56%), Vitamin D: 0.15µg (1.01%)