



 **14%**
HEALTH SCORE

Barbecued Pulled Beef Sandwiches

 Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



836 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 6 strips bacon
- 2 pounds beef chuck
- 2 tablespoons olive oil
- 0.5 cup brown sugar
- 0.5 cup brown sugar
- 6 servings salt and pepper
- 1 onion chopped
- 2 cups barbecue sauce

- 6 servings hawaiian rolls

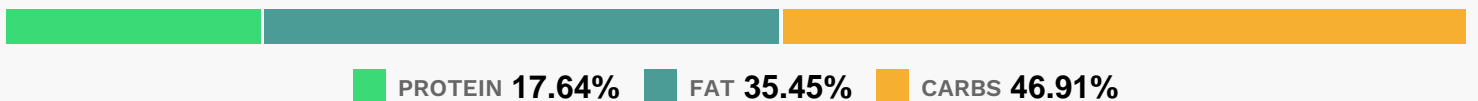
Equipment

- frying pan
- baking sheet
- baking paper
- oven
- roasting pan
- aluminum foil

Directions

- Preheat oven to 350 degrees. Line a rimmed cookie sheet with parchment paper.
- Lay bacon strips over parchment.
- Bake pan for 10–15 minutes, or until bacon is crispy.
- Remove from oven and let cool on pan. Reduce oven heat to 250 degrees and leave oven door open while you dress the beef.
- Drizzle olive oil over the bottom of a medium roasting pan.
- Place meat in roasting pan, and coat with sugar (you want kind of a thin crust). Season generously with salt and pepper and cover with onions. Tent pan with aluminum foil.
- Roast meat for 3 to 4-1/2 hours, or until beef is fork tender and can be pulled apart easily.
- Remove from oven, and set aside to cool slightly. Meanwhile, chop bacon into small-dice bits.
- When meat can be handled, shred apart and add barbecue sauce and bacon.
- Mix until evenly coated and bacon is distributed. Season with salt and pepper to taste, and add more barbecue sauce if you will.
- Serve hot on toasted buns or Hawaiian rolls.

Nutrition Facts



Properties

Glycemic Index:14.83, Glycemic Load:13.26, Inflammation Score:-5, Nutrition Score:25.536086956522%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 3.72mg, Quercetin: 3.72mg, Quercetin: 3.72mg, Quercetin: 3.72mg

Taste

Sweetness: 90.55%, Saltiness: 100%, Sourness: 24.21%, Bitterness: 17.5%, Savoriness: 61.77%, Fattiness: 61.33%, Spiciness: 0%

Nutrients (% of daily need)

Calories: 835.76kcal (41.79%), Fat: 33.06g (50.86%), Saturated Fat: 11.61g (72.53%), Carbohydrates: 98.4g (32.8%), Net Carbohydrates: 96.46g (35.08%), Sugar: 71.13g (79.03%), Cholesterol: 118.85mg (39.62%), Sodium: 1667.35mg (72.49%), Protein: 37g (74.01%), Zinc: 12.15mg (80.99%), Vitamin B12: 4.32µg (72.06%), Selenium: 49.04µg (70.05%), Vitamin B3: 9.85mg (49.25%), Phosphorus: 386.72mg (38.67%), Vitamin B6: 0.77mg (38.66%), Iron: 5.65mg (31.37%), Vitamin B1: 0.42mg (28.29%), Potassium: 894.79mg (25.57%), Vitamin B2: 0.42mg (24.89%), Manganese: 0.42mg (21.15%), Calcium: 155mg (15.5%), Magnesium: 58.79mg (14.7%), Vitamin E: 1.94mg (12.91%), Vitamin B5: 1.28mg (12.78%), Folate: 50.71µg (12.68%), Copper: 0.24mg (12.08%), Vitamin K: 8.93µg (8.51%), Fiber: 1.94g (7.77%), Vitamin A: 242.14IU (4.84%), Vitamin C: 2.49mg (3.02%), Vitamin D: 0.24µg (1.59%)