



Barbecued Shredded Beef



Gluten Free



Dairy Free

READY IN



310 min.

SERVINGS



9

CALORIES



295 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 18 ounce barbecue sauce
- ☐ 2 teaspoons garlic powder
- ☐ 2 teaspoons ground pepper black
- ☐ 2 teaspoons liquid smoke flavoring
- ☐ 2 onions chopped
- ☐ 3 pounds beef roast
- ☐ 9 servings salt to taste
- ☐ 2 cups water

☐ 6 teaspoons worcestershire sauce

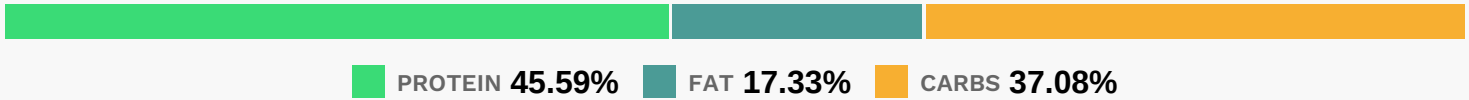
Equipment

- ☐ bowl
- ☐ oven
- ☐ roasting pan

Directions

- ☐ Preheat oven to 275 degrees (135 degrees C).
- ☐ Place roast in a large roasting pan and scatter chopped onions over.
- ☐ In a large bowl, combine Worcestershire sauce, liquid smoke, garlic powder, salt and pepper.
- ☐ Pour in beer, stir and add to roasting pan.
- ☐ Add water to the top of beef.
- ☐ Cover and cook in oven at 275 degrees F (135 degrees C) for 4 to 5 hours.
- ☐ When meat is cooked, shred meat with 2 forks, add barbecue sauce and mix well.

Nutrition Facts



Properties

Glycemic Index:7.11, Glycemic Load:0.58, Inflammation Score:-5, Nutrition Score:20.205217537673%

Flavonoids

Isorhamnetin: 1.22mg, Isorhamnetin: 1.22mg, Isorhamnetin: 1.22mg, Isorhamnetin: 1.22mg Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 4.96mg, Quercetin: 4.96mg, Quercetin: 4.96mg, Quercetin: 4.96mg

Nutrients (% of daily need)

Calories: 295.14kcal (14.76%), Fat: 5.69g (8.76%), Saturated Fat: 1.86g (11.61%), Carbohydrates: 27.41g (9.14%), Net Carbohydrates: 26.31g (9.57%), Sugar: 20.28g (22.53%), Cholesterol: 86.18mg (28.73%), Sodium: 3111.87mg (135.3%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 33.7g (67.4%), Vitamin C: 70.72mg (85.72%), Vitamin B3: 11.64mg (58.2%), Calcium: 456.16mg (45.62%), Vitamin B12: 2.57µg (42.84%), Zinc: 5.63mg (37.57%), Vitamin B6: 0.69mg (34.45%), Phosphorus: 316.1mg (31.61%), Iron: 3.88mg (21.58%), Potassium: 636.48mg (18.19%),

Selenium: 11.19µg (15.99%), Vitamin B2: 0.23mg (13.6%), Magnesium: 43.89mg (10.97%), Manganese: 0.2mg (9.77%), Copper: 0.18mg (9.11%), Vitamin B1: 0.1mg (6.57%), Vitamin B5: 0.59mg (5.88%), Folate: 20.25µg (5.06%), Fiber: 1.1g (4.39%), Vitamin E: 0.47mg (3.14%), Vitamin A: 133.09IU (2.66%), Vitamin K: 1.89µg (1.8%)