



BBQ Beef with Creamy Slaw on Cheese Garlic Biscuits

READY IN



520 min.

SERVINGS



16

CALORIES



363 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 3 tablespoons apple cider vinegar
- ☐ 2 cups barbecue sauce
- ☐ 4 cups cabbage thinly sliced
- ☐ 15.5 oz alouette garlic & herbs spreadable cheese bisquick®
- ☐ 12 oz beer dark
- ☐ 6 oz yogurt plain fat free
- ☐ 2 tablespoons spring onion chopped (2 medium)
- ☐ 0.3 cup mayonnaise

- ☐ 4 lb top round beef roast boneless
- ☐ 0.3 teaspoon salt
- ☐ 1 tablespoon sugar

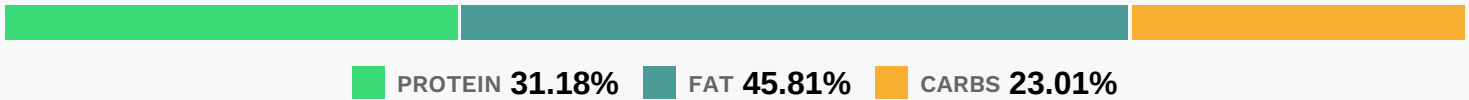
Equipment

- ☐ bowl
- ☐ oven
- ☐ slow cooker
- ☐ cutting board

Directions

- ☐ Spray 4- to 5-quart slow cooker with cooking spray.
- ☐ Place beef into slow cooker. In small bowl, mix barbecue sauce and beer; pour over beef. Cover; cook on Low heat setting 8 to 10 hours or until beef is tender.
- ☐ Meanwhile, in large bowl, mix yogurt, mayonnaise, sugar, vinegar and salt until smooth. Stir in cabbage and green onions. Cover; refrigerate until ready to serve.
- ☐ About 30 minutes before serving, remove beef from slow cooker; place on cutting board. Shred beef with 2 forks; return to slow cooker to keep warm.
- ☐ Heat oven to 450°F. Make and bake biscuits as directed on pouches, making 8 biscuits per package.
- ☐ To serve, split biscuits in half. Spoon about 1/2 cup beef mixture over each biscuit; top with about 3 tablespoons coleslaw.

Nutrition Facts



Properties

Glycemic Index:17.29, Glycemic Load:1.12, Inflammation Score:-3, Nutrition Score:15.576086886065%

Flavonoids

Catechin: 0.08mg, Catechin: 0.08mg, Catechin: 0.08mg, Catechin: 0.08mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg

Nutrients (% of daily need)

Calories: 362.76kcal (18.14%), Fat: 18.06g (27.78%), Saturated Fat: 7.75g (48.41%), Carbohydrates: 20.41g (6.8%), Net Carbohydrates: 19.63g (7.14%), Sugar: 14.04g (15.6%), Cholesterol: 101.84mg (33.95%), Sodium: 652mg (28.35%), Alcohol: 0.83g (100%), Alcohol %: 0.45% (100%), Protein: 27.66g (55.33%), Selenium: 32.53µg (46.47%), Vitamin B6: 0.81mg (40.26%), Vitamin B3: 8.04mg (40.21%), Vitamin B12: 2.17µg (36.19%), Zinc: 4.92mg (32.83%), Phosphorus: 276.41mg (27.64%), Vitamin K: 22.58µg (21.51%), Potassium: 537.07mg (15.34%), Iron: 2.69mg (14.92%), Vitamin B2: 0.24mg (14.12%), Magnesium: 37.59mg (9.4%), Vitamin B1: 0.13mg (8.75%), Vitamin C: 6.86mg (8.31%), Copper: 0.14mg (7.22%), Vitamin B5: 0.67mg (6.74%), Folate: 26.19µg (6.55%), Calcium: 63.4mg (6.34%), Vitamin E: 0.77mg (5.14%), Manganese: 0.1mg (4.99%), Fiber: 0.78g (3.12%), Vitamin A: 107.73IU (2.15%)