



Braised Cranberry-Barbecue Beef Sandwiches

 Dairy Free

READY IN



45 min.

SERVINGS



16

CALORIES



274 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 cup barbecue sauce sweet (such as Bull's-Eye)
- 4 pound beef chuck boneless trimmed
- 2 tablespoons pepper black
- 1.5 ounce hawaiian rolls
- 1 cup beef broth
- 0.3 cup onion instant minced
- 1 cup roasted cranberry sauce

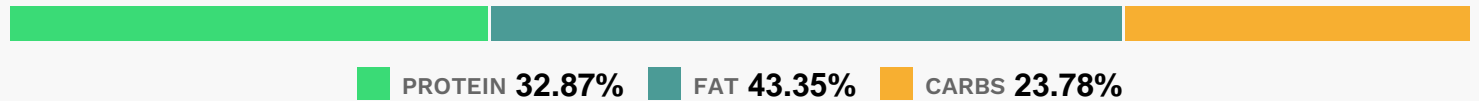
Equipment

- frying pan
- dutch oven

Directions

- Combine first 3 ingredients in a Dutch oven.
- Add beef; bring to a boil. Cover, reduce heat, and simmer 3 hours or until very tender, turning beef occasionally.
- Remove beef from pan. Reserve 2 cups cooking liquid; discard remaining cooking liquid. Shred beef with 2 forks. Return shredded beef to pan.
- Add reserved cooking liquid, barbecue sauce, and cranberry sauce; stir well. Cook over medium-low heat 10 minutes or until thoroughly heated.
- Serve beef mixture on buns.

Nutrition Facts



Properties

Glycemic Index:7.56, Glycemic Load:0.94, Inflammation Score:-2, Nutrition Score:13.268695748371%

Flavonoids

Cyanidin: 0.02mg, Cyanidin: 0.02mg, Cyanidin: 0.02mg, Cyanidin: 0.02mg Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.47mg, Myricetin: 0.47mg, Myricetin: 0.47mg, Myricetin: 0.47mg Quercetin: 0.93mg, Quercetin: 0.93mg, Quercetin: 0.93mg, Quercetin: 0.93mg

Nutrients (% of daily need)

Calories: 273.92kcal (13.7%), Fat: 13.29g (20.44%), Saturated Fat: 5.76g (36%), Carbohydrates: 16.41g (5.47%), Net Carbohydrates: 15.77g (5.74%), Sugar: 11.8g (13.12%), Cholesterol: 78.24mg (26.08%), Sodium: 317.72mg (13.81%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 22.67g (45.34%), Zinc: 8.6mg (57.31%), Vitamin B12: 3.1µg (51.68%), Selenium: 24.43µg (34.91%), Vitamin B3: 5.15mg (25.75%), Vitamin B6: 0.46mg (22.85%), Phosphorus: 223.19mg (22.32%), Iron: 2.71mg (15.08%), Potassium: 469.71mg (13.42%), Vitamin B2: 0.19mg (11.06%), Manganese: 0.16mg (7.9%), Vitamin B5: 0.74mg (7.39%), Magnesium: 26.36mg (6.59%), Vitamin B1: 0.1mg (6.53%), Copper: 0.1mg (5.02%), Vitamin E: 0.54mg (3.58%), Vitamin K: 3.63µg (3.46%), Calcium: 33.43mg (3.34%), Fiber: 0.63g (2.53%), Folate: 7.04µg (1.76%), Vitamin A: 66.31IU (1.33%)