



 **97%**
HEALTH SCORE

Chicago Italian Beef Sandwich

 Dairy Free  Very Healthy

READY IN



220 min.

SERVINGS



4

CALORIES



1840 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 6 sourdough baguette rolls toasted halved
- 2 bay leaves
- 1 cup beef stock
- 3 tablespoons canola oil
- 1 teaspoon cayenne
- 3 tablespoons penzey's southwest seasoning italian
- 1 tablespoon paprika
- 2 tablespoons cracked pepper fresh black

- 1 teaspoon chili flakes red
- 1 cup pasilla peppers sweet red jarred
- 0.5 cup red wine
- 2 tablespoons salt
- 4 pounds top round with fat cap
- 1 cup giardiniera vinaigrette vegetables chopped
- 1 cup garlic whole
- 3 tablespoons worcestershire sauce
- 3 onions yellow chopped

Equipment

- ladle
- oven
- roasting pan
- kitchen thermometer

Directions

- Rub meat with dry ingredients, cover and refrigerate for 2 to 3 hours.
- Preheat oven to 275 degrees F.
- Add meat to a roasting pan with bacon fat, add onions and garlic, saute for 15 minutes, deglaze with wine, and add Worcestershire sauce, beef stock and bay leaves.
- Place roasting pan in the oven and cook for 3 hours, uncovered, or until an instant-read thermometer registers 135 degrees F in center.
- Remove, let cool, then slice very thin.
- Cool broth in roasting pan and remove the fat that rises to the top. Strain.
- Reheat the broth, and add the sliced meat.
- Place some meat on each toasted roll, ladle with some broth and top with giardiniera vegetables and red peppers.

Nutrition Facts



■ PROTEIN 32.87% ■ FAT 18.69% ■ CARBS 48.44%

Properties

Glycemic Index:76.19, Glycemic Load:131.67, Inflammation Score:-10, Nutrition Score:77.436956322711%

Flavonoids

Cyanidin: 0.06mg, Cyanidin: 0.06mg, Cyanidin: 0.06mg, Cyanidin: 0.06mg Petunidin: 0.59mg, Petunidin: 0.59mg, Petunidin: 0.59mg, Petunidin: 0.59mg Delphinidin: 0.6mg, Delphinidin: 0.6mg, Delphinidin: 0.6mg, Delphinidin: 0.6mg Malvidin: 4.15mg, Malvidin: 4.15mg, Malvidin: 4.15mg, Malvidin: 4.15mg Peonidin: 0.38mg, Peonidin: 0.38mg, Peonidin: 0.38mg, Peonidin: 0.38mg Catechin: 2.14mg, Catechin: 2.14mg, Catechin: 2.14mg, Catechin: 2.14mg Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg Epicatechin: 1.14mg, Epicatechin: 1.14mg, Epicatechin: 1.14mg, Epicatechin: 1.14mg Hesperetin: 0.19mg, Hesperetin: 0.19mg, Hesperetin: 0.19mg, Hesperetin: 0.19mg Naringenin: 0.53mg, Naringenin: 0.53mg, Naringenin: 0.53mg, Naringenin: 0.53mg Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg Luteolin: 0.26mg, Luteolin: 0.26mg, Luteolin: 0.26mg, Luteolin: 0.26mg Isorhamnetin: 4.14mg, Isorhamnetin: 4.14mg, Isorhamnetin: 4.14mg, Isorhamnetin: 4.14mg Kaempferol: 0.66mg, Kaempferol: 0.66mg, Kaempferol: 0.66mg, Kaempferol: 0.66mg Myricetin: 0.7mg, Myricetin: 0.7mg, Myricetin: 0.7mg, Myricetin: 0.7mg Quercetin: 17.74mg, Quercetin: 17.74mg, Quercetin: 17.74mg, Quercetin: 17.74mg Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg

Nutrients (% of daily need)

Calories: 1840.35kcal (92.02%), Fat: 37.32g (57.42%), Saturated Fat: 8.37g (52.29%), Carbohydrates: 217.67g (72.56%), Net Carbohydrates: 201.79g (73.38%), Sugar: 25.22g (28.02%), Cholesterol: 276.69mg (92.23%), Sodium: 6424.81mg (279.34%), Alcohol: 3.18g (100%), Alcohol %: 0.35% (100%), Protein: 147.69g (295.38%), Selenium: 216.08µg (308.69%), Vitamin B3: 50.66mg (253.31%), Vitamin B6: 4.3mg (215.08%), Vitamin B1: 2.84mg (189.58%), Zinc: 24.95mg (166.33%), Manganese: 3.3mg (164.99%), Phosphorus: 1536.73mg (153.67%), Iron: 26.41mg (146.73%), Folate: 525.31µg (131.33%), Vitamin B2: 2.14mg (125.72%), Vitamin B12: 6.12µg (102.06%), Vitamin A: 4793.71IU (95.87%), Vitamin C: 71.29mg (86.42%), Potassium: 2987.67mg (85.36%), Calcium: 691.03mg (69.1%), Magnesium: 272.52mg (68.13%), Fiber: 15.88g (63.52%), Copper: 1.27mg (63.31%), Vitamin K: 57.78µg (55.03%), Vitamin B5: 5.13mg (51.28%), Vitamin E: 6.45mg (43.03%)