



Easy Barbecued Beef Sandwiches

 Dairy Free

READY IN



320 min.

SERVINGS



24

CALORIES



350 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 4 pounds beef round steak boneless trimmed of fat cut into pieces
- ☐ 1 cup cola-flavored carbonated beverage
- ☐ 2 garlic cloves minced
- ☐ 1 tablespoon horseradish prepared
- ☐ 2 cups catsup
- ☐ 0.5 cup onion chopped
- ☐ 24 sandwich buns gluten-free split (wheat or)

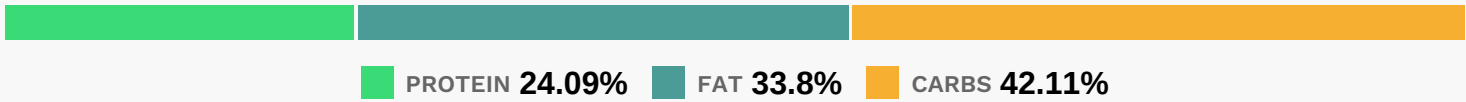
Equipment

- ☐ pot
- ☐ slotted spoon
- ☐ slow cooker

Directions

- ☐ Arrange beef in a 3 1/2 to 4 quart slow cooker.
- ☐ Add all the remaining ingredients, except buns.
- ☐ Mix well.Cover. Cook on high setting for 5 to 6 hours.About 30 minutes before serving, shred the beef with 2 forks — remove it from the pot if needed to do this, then slide it back into the juices.With a slotted spoon, spoon about 1/3 cup beef mixture into each bun.
- ☐ Mixture can be kept warm for several hours on low setting.

Nutrition Facts



Properties

Glycemic Index:6.46, Glycemic Load:0.7, Inflammation Score:-4, Nutrition Score:14.00608700773%

Flavonoids

Isorhamnetin: 0.17mg, Isorhamnetin: 0.17mg, Isorhamnetin: 0.17mg, Isorhamnetin: 0.17mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.85mg, Quercetin: 0.85mg, Quercetin: 0.85mg, Quercetin: 0.85mg

Nutrients (% of daily need)

Calories: 350.1kcal (17.5%), Fat: 13.17g (20.26%), Saturated Fat: 5.11g (31.91%), Carbohydrates: 36.92g (12.31%), Net Carbohydrates: 35.47g (12.9%), Sugar: 6.34g (7.05%), Cholesterol: 46.12mg (15.37%), Sodium: 533.99mg (23.22%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 21.13g (42.26%), Selenium: 40.95µg (58.5%), Vitamin B3: 6.41mg (32.06%), Zinc: 4.46mg (29.76%), Vitamin B2: 0.41mg (23.93%), Vitamin B1: 0.34mg (22.88%), Vitamin B12: 1.25µg (20.92%), Iron: 3.26mg (18.14%), Vitamin B6: 0.36mg (18.04%), Phosphorus: 173.59mg (17.36%), Folate: 59.22µg (14.8%), Manganese: 0.29mg (14.57%), Potassium: 327.97mg (9.37%), Magnesium: 34.43mg (8.61%), Copper: 0.17mg (8.57%), Calcium: 64.21mg (6.42%), Fiber: 1.45g (5.81%), Vitamin E: 0.53mg (3.55%), Vitamin B5: 0.25mg (2.49%), Vitamin A: 114.04IU (2.28%), Vitamin K: 2.1µg (2%), Vitamin C: 1.3mg (1.58%)