



Easy Italian Beef Sandwiches

READY IN



520 min.

SERVINGS



24

CALORIES



289 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 3 pound beef chuck boneless
- 8 ounces salad dressing italian reduced-calorie
- 9 ounce mozzarella cheese
- 2 large bell pepper cut into rings
- 3 flour (8 inches in diameter)

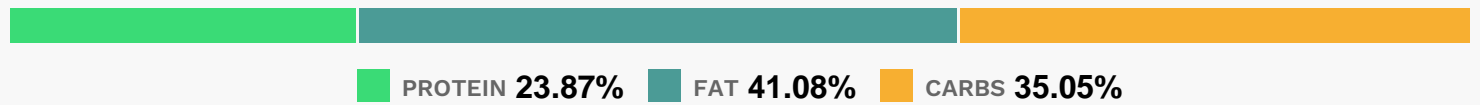
Equipment

- frying pan
- slow cooker

Directions

- Trim excess fat from beef. Spray 12-inch skillet with cooking spray; heat over medium-high heat. Cook beef in skillet about 5 minutes, turning once, until brown.
- Place beef in 4- to 5-quart slow cooker.
- Pour dressing over beef. Cover and cook on low heat setting 7 to 8 hours or until beef is tender.
- Remove beef from slow cooker.
- Cut beef into thin slices; return to slow cooker. Cover and cook on low heat setting 20 to 30 minutes longer or until beef is hot.
- Layer beef, cheese and bell peppers on bottom halves of focaccia; top with remaining halves.
- Cut each focaccia into 8 wedges.

Nutrition Facts



Properties

Glycemic Index:4.17, Glycemic Load:9.5, Inflammation Score:-4, Nutrition Score:9.254347814166%

Flavonoids

Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 289.44kcal (14.47%), Fat: 13.34g (20.52%), Saturated Fat: 4.54g (28.4%), Carbohydrates: 25.6g (8.53%), Net Carbohydrates: 24.51g (8.91%), Sugar: 2.51g (2.79%), Cholesterol: 47.52mg (15.84%), Sodium: 473.31mg (20.58%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 17.44g (34.88%), Zinc: 4.61mg (30.77%), Vitamin B12: 1.79µg (29.84%), Vitamin C: 17.53mg (21.25%), Selenium: 13.69µg (19.56%), Phosphorus: 149.77mg (14.98%), Vitamin B6: 0.27mg (13.35%), Vitamin B3: 2.61mg (13.04%), Vitamin A: 510.54IU (10.21%), Vitamin B2: 0.12mg (7.29%), Iron: 1.31mg (7.27%), Vitamin K: 7.06µg (6.72%), Potassium: 233.1mg (6.66%), Calcium: 65.51mg (6.55%), Fiber: 1.09g (4.37%), Vitamin B5: 0.41mg (4.06%), Magnesium: 15.01mg (3.75%), Vitamin E: 0.55mg (3.67%), Vitamin B1: 0.05mg (3.33%), Folate: 8.73µg (2.18%), Copper: 0.04mg (1.99%), Manganese: 0.03mg (1.35%)