



Easy Slow Cooker French Dip

 Popular

READY IN



430 min.

SERVINGS



9

CALORIES



434 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 tablespoons butter
- ☐ 10.5 ounce beef broth canned
- ☐ 10.5 ounce condensed onion soup french canned
- ☐ 4 pounds top round beef roast
- ☐ 6 rolls french

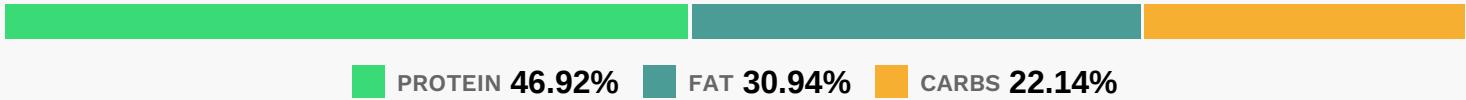
Equipment

- ☐ oven
- ☐ slow cooker

Directions

- ☐ Trim excess fat from the rump roast, and place in a slow cooker.
- ☐ Add the beef broth, onion soup and beer. Cook on Low setting for 7 hours.
- ☐ Preheat oven to 350 degrees F (175 degrees C).
- ☐ Split French rolls, and spread with butter.
- ☐ Bake 10 minutes, or until heated through.
- ☐ Slice the meat on the diagonal, and place on the rolls.
- ☐ Serve the sauce for dipping.

Nutrition Facts



Properties

Glycemic Index:13.67, Glycemic Load:15.31, Inflammation Score:-3, Nutrition Score:24.089130717775%

Nutrients (% of daily need)

Calories: 434.26kcal (21.71%), Fat: 14.46g (22.24%), Saturated Fat: 5.32g (33.27%), Carbohydrates: 23.27g (7.76%), Net Carbohydrates: 22.29g (8.11%), Sugar: 3.94g (4.38%), Cholesterol: 133mg (44.33%), Sodium: 621.61mg (27.03%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 49.32g (98.64%), Selenium: 56.1µg (80.15%), Vitamin B3: 13.88mg (69.41%), Vitamin B6: 1.32mg (65.99%), Iron: 11.31mg (62.83%), Vitamin B12: 3.76µg (62.63%), Zinc: 8.39mg (55.93%), Phosphorus: 438.48mg (43.85%), Potassium: 852.9mg (24.37%), Vitamin B2: 0.33mg (19.44%), Vitamin B1: 0.19mg (12.55%), Magnesium: 49.11mg (12.28%), Copper: 0.2mg (9.88%), Vitamin B5: 0.89mg (8.89%), Folate: 26.96µg (6.74%), Calcium: 50.59mg (5.06%), Vitamin E: 0.68mg (4.51%), Fiber: 0.97g (3.9%), Vitamin K: 2.64µg (2.51%), Manganese: 0.03mg (1.58%), Vitamin A: 77.75IU (1.55%)