



French Dip au Jus

READY IN



45 min.

SERVINGS



12

CALORIES



455 kcal

SAUCE

Ingredients

- ☐ 2 cups beef broth
- ☐ 0.7 cup brown sugar packed
- ☐ 1 teaspoon liquid smoke
- ☐ 3.5 pound sirloin tip roast
- ☐ 0.3 teaspoon lawry's seasoned salt
- ☐ 0.3 cup soya sauce
- ☐ 12 hoagie buns split
- ☐ 12 slices swiss cheese

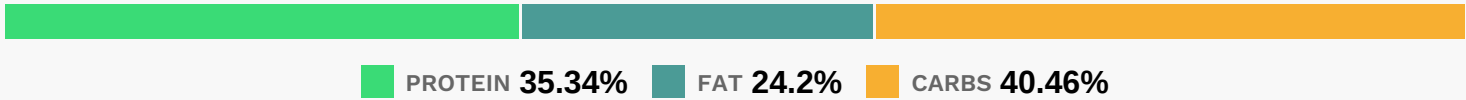
Equipment

☐ slow cooker

Directions

- ☐ Place roast in a 5-quart slow cooker. Stir together broth and next 4 ingredients and pour over roast. Cover and cook on high setting one hour; reduce heat to low setting and cook 9 hours.
- ☐ Remove roast from slow cooker, reserving broth; shred roast with 2 forks.
- ☐ Place shredded meat evenly on hoagie buns and top with Swiss cheese.
- ☐ Serve with reserved broth for dipping.

Nutrition Facts



Properties

Glycemic Index:9.58, Glycemic Load:23.07, Inflammation Score:-3, Nutrition Score:19.361738904663%

Nutrients (% of daily need)

Calories: 454.56kcal (22.73%), Fat: 12g (18.46%), Saturated Fat: 4.66g (29.1%), Carbohydrates: 45.13g (15.04%), Net Carbohydrates: 44.01g (16%), Sugar: 16.3g (18.11%), Cholesterol: 88.57mg (29.52%), Sodium: 962.28mg (41.84%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 39.42g (78.84%), Iron: 13.34mg (74.09%), Selenium: 43.7µg (62.42%), Vitamin B3: 9mg (45.02%), Vitamin B6: 0.86mg (43.23%), Zinc: 6.24mg (41.59%), Phosphorus: 380.21mg (38.02%), Vitamin B12: 2.2µg (36.59%), Calcium: 198.01mg (19.8%), Vitamin B2: 0.25mg (14.68%), Potassium: 509.44mg (14.56%), Magnesium: 40.52mg (10.13%), Vitamin B5: 0.95mg (9.52%), Vitamin B1: 0.12mg (8.19%), Copper: 0.15mg (7.54%), Folate: 19.49µg (4.87%), Fiber: 1.12g (4.47%), Manganese: 0.06mg (3.11%), Vitamin E: 0.46mg (3.06%), Vitamin A: 141.1IU (2.82%), Vitamin K: 1.69µg (1.61%)