



French Dip Sandwiches

 Dairy Free

READY IN



45 min.

SERVINGS



12

CALORIES



413 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 bay leaves
- 1 beef bouillon cubes
- 3.5 pound beef chuck boneless trimmed
- 1 teaspoon rosemary dried crushed
- 1 teaspoon thyme dried
- 1 teaspoon garlic powder
- 3 peppercorns
- 12 sandwich rolls split french

0.5 cup soya sauce

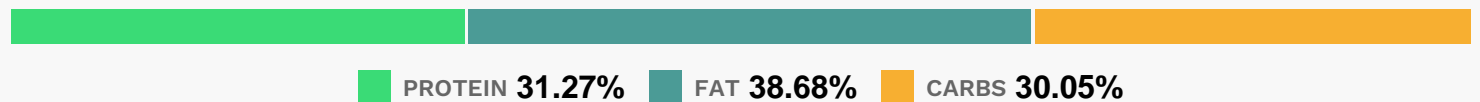
Equipment

slow cooker

Directions

- Place trimmed roast in a 5-quart slow cooker.
- Combine soy sauce and next 6 ingredients; pour over roast.
- Add water to slow cooker until roast is almost covered.
- Cook, covered, on low 7 hours or until very tender.
- Remove roast, reserving broth; shred roast with a fork.
- Place roast in rolls, and serve with reserved broth for dipping.

Nutrition Facts



Properties

Glycemic Index:10.17, Glycemic Load:0.08, Inflammation Score:-4, Nutrition Score:20.895652081979%

Nutrients (% of daily need)

Calories: 412.69kcal (20.63%), Fat: 17.67g (27.19%), Saturated Fat: 7.03g (43.92%), Carbohydrates: 30.89g (10.3%), Net Carbohydrates: 29.44g (10.71%), Sugar: 1.23g (1.37%), Cholesterol: 91.3mg (30.43%), Sodium: 1037.43mg (45.11%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 32.14g (64.29%), Selenium: 49.78µg (71.11%), Zinc: 10.54mg (70.27%), Vitamin B12: 3.62µg (60.25%), Vitamin B3: 8.54mg (42.68%), Phosphorus: 321.62mg (32.16%), Iron: 4.98mg (27.69%), Vitamin B6: 0.55mg (27.58%), Vitamin B1: 0.37mg (24.52%), Vitamin B2: 0.4mg (23.51%), Manganese: 0.34mg (16.9%), Folate: 60.36µg (15.09%), Potassium: 526.74mg (15.05%), Magnesium: 45.01mg (11.25%), Vitamin B5: 1.09mg (10.86%), Copper: 0.19mg (9.46%), Calcium: 80.83mg (8.08%), Fiber: 1.45g (5.81%), Vitamin K: 3.8µg (3.62%), Vitamin E: 0.5mg (3.33%)