



Italian Beef for Sandwiches

READY IN



370 min.

SERVINGS



10

CALORIES



319 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 lb beef chuck eye roast boneless
- 1 loaf bread split french cut into 8 pieces, partially (24 inch)
- 0.5 cup 1/2 cup kraft zesty italian dressing italian kraft
- 0.3 cup parmesan cheese grated kraft
- 16 oz roasted peppers red undrained

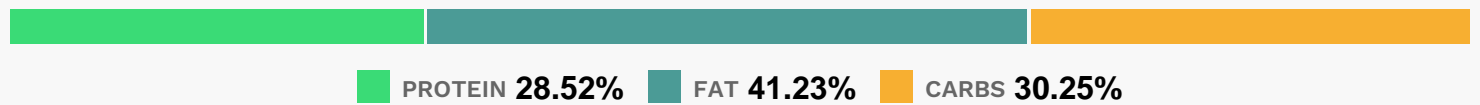
Equipment

- slow cooker

Directions

- Drain peppers, reserving 1/4 cup liquid.
- Place meat in slow cooker; top with peppers, reserved liquid and dressing. Cover with lid.
- Cook on LOW 6 to 8 hours (or on HIGH 4 to 6 hours).
- Remove meat from slow cooker, reserving peppers and 1-1/2 cups liquid in cooker. Discard excess liquid. Shred meat with 2 forks; return to cooker. Stir in cheese.
- Serve in bread.

Nutrition Facts



Properties

Glycemic Index:8.05, Glycemic Load:16, Inflammation Score:-5, Nutrition Score:17.525217416494%

Nutrients (% of daily need)

Calories: 318.98kcal (15.95%), Fat: 14.7g (22.61%), Saturated Fat: 5.54g (34.63%), Carbohydrates: 24.26g (8.09%), Net Carbohydrates: 22.84g (8.3%), Sugar: 3.12g (3.47%), Cholesterol: 64.77mg (21.59%), Sodium: 1095.68mg (47.64%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 22.87g (45.74%), Zinc: 7.44mg (49.57%), Selenium: 31.37µg (44.82%), Vitamin B12: 2.51µg (41.84%), Vitamin B3: 6.12mg (30.59%), Vitamin C: 21.14mg (25.62%), Vitamin B6: 0.48mg (24.03%), Phosphorus: 240.14mg (24.01%), Vitamin B1: 0.36mg (23.88%), Iron: 3.86mg (21.42%), Vitamin B2: 0.32mg (19.09%), Manganese: 0.3mg (14.85%), Folate: 59.33µg (14.83%), Potassium: 428.68mg (12.25%), Magnesium: 36.49mg (9.12%), Copper: 0.18mg (8.92%), Vitamin K: 8.26µg (7.87%), Calcium: 78.45mg (7.84%), Vitamin B5: 0.72mg (7.16%), Fiber: 1.42g (5.7%), Vitamin A: 273.52IU (5.47%), Vitamin E: 0.53mg (3.51%)