

Italian Beef Hoagies

 Dairy Free

READY IN



505 min.

SERVINGS



18

CALORIES



296 kcal

Ingredients

- 4 pounds sirloin beef tips halved
- 2 envelopes salad dressing mix italian
- 16 ounces pepper rings undrained
- 18 portugese rolls split
- 2 cups water

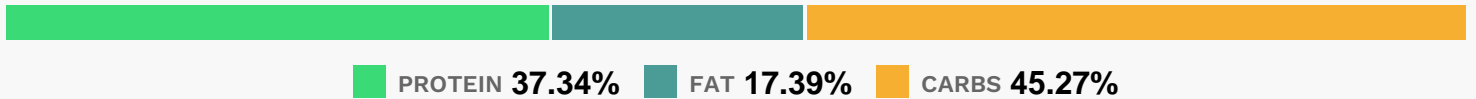
Equipment

- slow cooker

Directions

- Place roast in a 5-qt. slow cooker.
- Combine the salad dressing mix and water; pour over roast. Cover and cook on low for 8-10 hours or until meat is tender.
- Remove meat; shred with two forks and return to the slow cooker.
- Add pepper rings; heat through. Spoon 1/2 cup meat mixture onto each bun.

Nutrition Facts



Properties

Glycemic Index:4.06, Glycemic Load:22.96, Inflammation Score:-1, Nutrition Score:12.958260751289%

Nutrients (% of daily need)

Calories: 296.48kcal (14.82%), Fat: 5.58g (8.58%), Saturated Fat: 1.16g (7.23%), Carbohydrates: 32.67g (10.89%), Net Carbohydrates: 31.61g (11.49%), Sugar: 4.33g (4.81%), Cholesterol: 55.44mg (18.48%), Sodium: 379.56mg (16.5%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 26.95g (53.89%), Iron: 12.44mg (69.13%), Selenium: 29.03µg (41.47%), Vitamin B3: 6.41mg (32.05%), Vitamin B6: 0.63mg (31.65%), Zinc: 4.17mg (27.77%), Vitamin B12: 1.26µg (21%), Phosphorus: 204.62mg (20.46%), Potassium: 339.69mg (9.71%), Vitamin B2: 0.14mg (8.06%), Vitamin B5: 0.63mg (6.33%), Vitamin B1: 0.09mg (5.91%), Magnesium: 23.45mg (5.86%), Copper: 0.1mg (5.1%), Fiber: 1.07g (4.26%), Folate: 12.1µg (3.02%), Calcium: 27.34mg (2.73%), Vitamin E: 0.27mg (1.81%), Vitamin K: 1.11µg (1.06%)