



HEALTH SCORE

55%

Italian Beef in a Bucket



Gluten Free



Dairy Free



Low Fod Map

READY IN



1085 min.

SERVINGS



12

CALORIES



219 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients



10.5 ounce beef broth canned



16 ounce pepperoncini



12 ounce pickled vegetables mixed



0.7 ounce salad dressing mix dry italian-style



3.5 pounds top round beef roast

Equipment



bowl



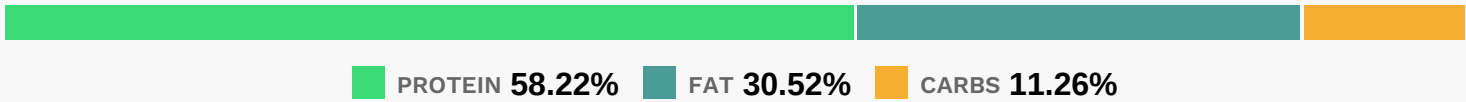
kitchen timer

☐ slow cooker

Directions

- ☐ Place the roast in a 3 1/2 quart slow-cooker, and add the pickled mixed vegetables, pepperoncini, Italian dressing mix, and beef broth. Stir to blend, cover, and cook on low for 18 hours (yes, 18 hours – a light timer works well if you don't want to stay up until midnight to turn it on).
- ☐ To serve, remove roast from the slow cooker. If necessary, slice it for sandwiches, but it usually just falls apart.
- ☐ Place the pickled vegetables and pepperoncini in a bowl to serve along with the meat.

Nutrition Facts



Properties

Glycemic Index:3.75, Glycemic Load:1.21, Inflammation Score:-8, Nutrition Score:20.416522150454%

Nutrients (% of daily need)

Calories: 219.27kcal (10.96%), Fat: 7.28g (11.2%), Saturated Fat: 2.37g (14.81%), Carbohydrates: 6.05g (2.02%), Net Carbohydrates: 3.63g (1.32%), Sugar: 0.92g (1.02%), Cholesterol: 82.02mg (27.34%), Sodium: 201.02mg (8.74%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 31.26g (62.52%), Selenium: 37.08µg (52.97%), Vitamin B6: 1.03mg (51.48%), Vitamin B3: 9.96mg (49.79%), Vitamin C: 34.22mg (41.47%), Vitamin B12: 2.46µg (41.08%), Zinc: 5.73mg (38.18%), Phosphorus: 316.73mg (31.67%), Vitamin A: 1568.7IU (31.37%), Iron: 3.21mg (17.86%), Potassium: 622.79mg (17.79%), Vitamin B2: 0.26mg (15.38%), Vitamin B1: 0.19mg (12.6%), Magnesium: 45.56mg (11.39%), Fiber: 2.42g (9.68%), Copper: 0.19mg (9.59%), Folate: 36.88µg (9.22%), Vitamin B5: 0.73mg (7.28%), Manganese: 0.13mg (6.42%), Vitamin K: 6.1µg (5.81%), Vitamin E: 0.69mg (4.63%), Calcium: 39.22mg (3.92%)