



Italian Beef Sandwiches

 Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



233 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 teaspoon crushed red pepper red crushed
- 1 garlic clove minced
- 1 cup green bell pepper green coarsely chopped (1 medium)
- 1 teaspoon seasoning dried italian
- 14 ounce less-sodium beef broth fat-free canned
- 2 teaspoons olive oil
- 2.5 pound top round beef roast trimmed
- 2 ounce sub rolls italian

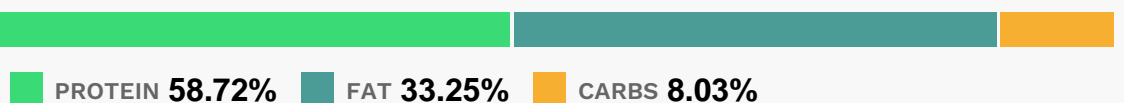
Equipment

- frying pan
- slow cooker
- cutting board

Directions

- Combine first 5 ingredients in a large zip-top bag, and marinate in the refrigerator overnight.
- Place beef and marinade in an electric slow cooker; cook on LOW 8 hours or until beef is tender.
- Place beef on a cutting board (reserve cooking liquid); let stand 10 minutes. Thinly slice beef; place in a shallow dish.
- Pour cooking liquid over beef.
- Heat oil in a large nonstick skillet over medium-high heat.
- Add bell pepper to pan; saut 5 minutes or until tender. Slice rolls lengthwise, cutting to, but not through, other side. Hollow out top and bottom halves of rolls, leaving a 3/4-inch-thick shell; reserve the torn bread for another use. Arrange about 3 ounces beef and 2 tablespoons bell peppers on each roll.
- Drizzle 1 tablespoon cooking liquid over beef and peppers; top with giardiniera, if desired.
- Serve with remaining 2 1/2 cups cooking liquid for dipping.

Nutrition Facts



Properties

Glycemic Index:14.75, Glycemic Load:2.38, Inflammation Score:0, Nutrition Score:17.500869408898%

Flavonoids

Luteolin: 0.88mg, Luteolin: 0.88mg, Luteolin: 0.88mg, Luteolin: 0.88mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.42mg, Quercetin: 0.42mg, Quercetin: 0.42mg, Quercetin: 0.42mg

Nutrients (% of daily need)

Calories: 233.33kcal (11.67%), Fat: 8.33g (12.82%), Saturated Fat: 2.57g (16.05%), Carbohydrates: 4.53g (1.51%), Net Carbohydrates: 3.91g (1.42%), Sugar: 0.91g (1.01%), Cholesterol: 87.88mg (29.29%), Sodium: 204.34mg (8.88%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 33.1g (66.21%), Selenium: 39.38µg (56.26%), Vitamin B6: 0.98mg (48.99%), Vitamin B3: 9.71mg (48.55%), Vitamin B12: 2.62µg (43.71%), Zinc: 5.94mg (39.62%), Phosphorus: 310.18mg (31.02%), Iron: 4.19mg (23.3%), Vitamin C: 15.1mg (18.3%), Potassium: 624.72mg (17.85%), Vitamin B2: 0.24mg (13.89%), Vitamin B1: 0.14mg (9.62%), Magnesium: 37.02mg (9.26%), Copper: 0.16mg (7.82%), Vitamin B5: 0.64mg (6.43%), Folate: 20.96µg (5.24%), Vitamin K: 5.51µg (5.24%), Vitamin E: 0.78mg (5.2%), Calcium: 34.94mg (3.49%), Manganese: 0.07mg (3.28%), Vitamin A: 147.32IU (2.95%), Fiber: 0.62g (2.5%)