

# Original Homemade Italian Beef

 Dairy Free

READY IN



370 min.

SERVINGS



6

CALORIES



622 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- 3 pounds beef chuck
- 8 hawaiian rolls split
- 3 ounce salad dressing mix dry italian
- 16 ounce pepperoncini peppers
- 1 cup water

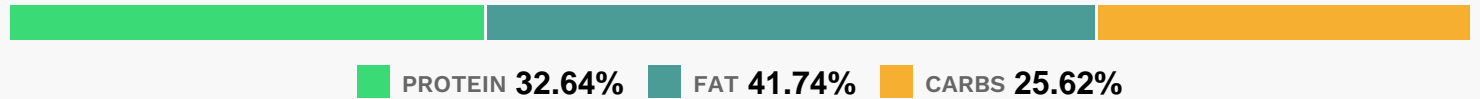
## Equipment

- slow cooker

## Directions

- Place the roast into a slow cooker, and season with Italian dressing mix.
- Pour in the water. Cover, and cook on High for 6 to 7 hours. During the last hour, shred the meat with two forks – if it does not shred easily, cook longer.
- Add the peppers, and as much of the juice as you like for additional flavor.
- Serve on buns.

## Nutrition Facts



## Properties

Glycemic Index:10.33, Glycemic Load:17.17, Inflammation Score:-7, Nutrition Score:35.647391143052%

## Nutrients (% of daily need)

Calories: 622.34kcal (31.12%), Fat: 28.62g (44.03%), Saturated Fat: 11.95g (74.71%), Carbohydrates: 39.52g (13.17%), Net Carbohydrates: 35.91g (13.06%), Sugar: 5.65g (6.28%), Cholesterol: 156.49mg (52.16%), Sodium: 1963.68mg (85.38%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 50.36g (100.71%), Zinc: 17.67mg (117.78%), Vitamin B12: 6.31µg (105.1%), Selenium: 62.54µg (89.34%), Vitamin C: 63.27mg (76.69%), Vitamin B3: 13.14mg (65.7%), Vitamin B6: 1.17mg (58.73%), Phosphorus: 510.74mg (51.07%), Iron: 7.03mg (39.06%), Vitamin B1: 0.52mg (34.82%), Vitamin B2: 0.54mg (31.76%), Potassium: 1016.44mg (29.04%), Manganese: 0.42mg (20.77%), Folate: 82.62µg (20.66%), Magnesium: 69.52mg (17.38%), Vitamin B5: 1.59mg (15.93%), Fiber: 3.6g (14.41%), Copper: 0.28mg (13.91%), Calcium: 132.88mg (13.29%), Vitamin K: 13.34µg (12.7%), Vitamin E: 1.11mg (7.38%), Vitamin A: 287.09IU (5.74%), Vitamin D: 0.23µg (1.51%)