



 **12%**
HEALTH SCORE

Our Favorite Olive Beef

 Dairy Free

READY IN



375 min.

SERVINGS



8

CALORIES



445 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 pounds beef chuck boneless
- 8 ounce olive green pitted chopped
- 29 ounce stewed tomatoes chopped canned
- 8 portugese rolls

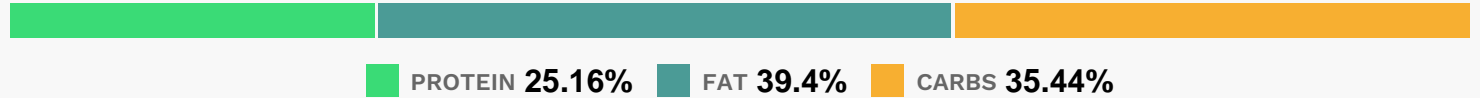
Equipment

- slow cooker

Directions

- Place chuck roast, stewed tomatoes, and green olives with the reserved liquid into a slow cooker.
- Cook 6 hours on Low, until the roast falls apart easily.
- Serve over kaiser rolls.

Nutrition Facts



Properties

Glycemic Index:9.13, Glycemic Load:22.96, Inflammation Score:-4, Nutrition Score:18.565217256546%

Flavonoids

Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg

Nutrients (% of daily need)

Calories: 445.18kcal (22.26%), Fat: 19.75g (30.39%), Saturated Fat: 6.32g (39.5%), Carbohydrates: 39.97g (13.32%), Net Carbohydrates: 36.94g (13.43%), Sugar: 8.1g (9%), Cholesterol: 78.24mg (26.08%), Sodium: 1053.74mg (45.81%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 28.37g (56.75%), Iron: 14.51mg (80.64%), Zinc: 8.71mg (58.09%), Vitamin B12: 3.1µg (51.6%), Selenium: 24.23µg (34.62%), Vitamin B3: 5.7mg (28.52%), Phosphorus: 236.01mg (23.6%), Vitamin B6: 0.46mg (23.03%), Potassium: 601.12mg (17.17%), Vitamin E: 2.15mg (14.32%), Fiber: 3.03g (12.11%), Vitamin B2: 0.2mg (11.9%), Copper: 0.22mg (10.91%), Vitamin C: 8.12mg (9.84%), Magnesium: 37mg (9.25%), Vitamin B1: 0.13mg (8.54%), Vitamin B5: 0.82mg (8.2%), Calcium: 75.35mg (7.54%), Vitamin A: 302.91IU (6.06%), Vitamin K: 4.56µg (4.35%), Manganese: 0.07mg (3.6%), Folate: 9.39µg (2.35%)