

# Patsy's Best Barbeque Beef

 **Gluten Free**  **Dairy Free**

READY IN



**750 min.**

SERVINGS



**12**

CALORIES



**461 kcal**

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- 3 tablespoons barbeque sauce
- 6 pounds beef chuck boneless trimmed chopped
- 1 bunch celery chopped
- 2 teaspoons chili powder
- 3 tablespoons cider vinegar
- 1 medium bell pepper green chopped
- 1.3 cups catsup
- 3 large onions chopped

- 1 teaspoon pepper
- 0.1 teaspoon pepper sauce hot
- 2 tablespoons salt
- 0.5 cup water

## Equipment

- bowl
- slow cooker

## Directions

- In a large bowl, mix the celery, onions, green pepper, ketchup, water, barbeque sauce, vinegar, and hot pepper sauce. Season with chili powder, salt, and pepper.
- Place the roast in a slow cooker, and cover with the sauce mixture. Cover, and cook on Low for approximately 12 hours.
- Shred the meat with a fork. Increase cooking temperature to High, and continue cooking until most of the liquid has been reduced.

## Nutrition Facts



**PROTEIN 38.15%** **FAT 50.68%** **CARBS 11.17%**

## Properties

Glycemic Index:11.75, Glycemic Load:0.85, Inflammation Score:-5, Nutrition Score:26.047391507937%

## Flavonoids

Apigenin: 0.1mg, Apigenin: 0.1mg, Apigenin: 0.1mg, Apigenin: 0.1mg Luteolin: 0.51mg, Luteolin: 0.51mg, Luteolin: 0.51mg, Luteolin: 0.51mg Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 8.06mg, Quercetin: 8.06mg, Quercetin: 8.06mg, Quercetin: 8.06mg

## Nutrients (% of daily need)

Calories: 460.61kcal (23.03%), Fat: 26.2g (40.31%), Saturated Fat: 11.47g (71.71%), Carbohydrates: 13g (4.33%), Net Carbohydrates: 11.87g (4.32%), Sugar: 8.69g (9.66%), Cholesterol: 156.49mg (52.16%), Sodium: 1630mg (70.87%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 44.38g (88.76%), Zinc: 17.21mg (114.72%), Vitamin B12: 6.19µg

(103.19%), Selenium: 47.24µg (67.48%), Vitamin B3: 10.33mg (51.66%), Vitamin B6: 0.99mg (49.43%), Phosphorus: 451.25mg (45.12%), Iron: 5.04mg (28.02%), Potassium: 925.89mg (26.45%), Vitamin B2: 0.39mg (23%), Vitamin B5: 1.48mg (14.81%), Vitamin C: 11.94mg (14.47%), Magnesium: 53.12mg (13.28%), Vitamin B1: 0.18mg (11.87%), Copper: 0.19mg (9.67%), Manganese: 0.16mg (7.81%), Vitamin E: 1.01mg (6.75%), Vitamin A: 319.75IU (6.4%), Vitamin K: 6.72µg (6.4%), Calcium: 57.82mg (5.78%), Folate: 18.58µg (4.65%), Fiber: 1.13g (4.53%), Vitamin D: 0.23µg (1.51%)