



Pepperoncini Italian Beef Roast

 Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



595 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 4 lb beef chuck
- ☐ 1 onion sliced
- ☐ 8 oz pepperoncini peppers drained
- ☐ 8 portugese rolls split
- ☐ 2 oz au jus mix

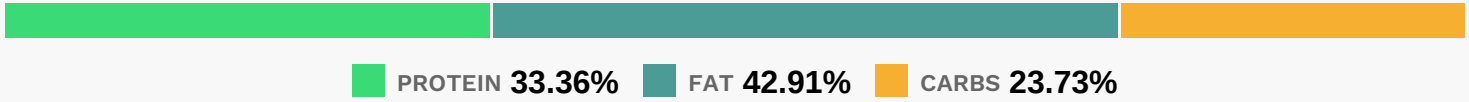
Equipment

- ☐ slow cooker

Directions

- ☐ Place roast in a slow cooker; pour reserved pepper juice over top. Cover and cook on low setting for 6 to 8 hours, until very tender.
- ☐ Remove roast and shred with 2 forks; stir back into liquid in slow cooker.
- ☐ Add peppers and onion.
- ☐ Blend au jus mix with a little of the liquid from slow cooker until dissolved.
- ☐ Pour over beef; add water if needed to cover roast.
- ☐ Cover and cook for an additional hour.
- ☐ Serve beef spooned onto rolls.

Nutrition Facts



Properties

Glycemic Index:12.5, Glycemic Load:23.24, Inflammation Score:-4, Nutrition Score:28.507391193639%

Flavonoids

Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Quercetin: 2.79mg, Quercetin: 2.79mg, Quercetin: 2.79mg, Quercetin: 2.79mg

Nutrients (% of daily need)

Calories: 595.19kcal (29.76%), Fat: 28.38g (43.66%), Saturated Fat: 11.45g (71.59%), Carbohydrates: 35.32g (11.77%), Net Carbohydrates: 33.06g (12.02%), Sugar: 5.47g (6.07%), Cholesterol: 156.49mg (52.16%), Sodium: 508.1mg (22.09%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 49.64g (99.27%), Zinc: 17.15mg (114.33%), Vitamin B12: 6.19µg (103.19%), Iron: 15.53mg (86.26%), Selenium: 46.87µg (66.96%), Vitamin B3: 10.17mg (50.87%), Vitamin B6: 0.99mg (49.32%), Phosphorus: 441.7mg (44.17%), Vitamin C: 24.46mg (29.65%), Potassium: 845.61mg (24.16%), Vitamin B2: 0.35mg (20.46%), Vitamin B5: 1.48mg (14.85%), Magnesium: 49.29mg (12.32%), Vitamin B1: 0.18mg (11.93%), Fiber: 2.26g (9.05%), Copper: 0.17mg (8.52%), Vitamin K: 6.15µg (5.86%), Calcium: 52.08mg (5.21%), Folate: 17.64µg (4.41%), Vitamin E: 0.63mg (4.2%), Manganese: 0.07mg (3.44%), Vitamin A: 126.15IU (2.52%), Vitamin D: 0.23µg (1.51%)