



Pulled Barbecue Beef Sandwiches

 Dairy Free

READY IN

ready

10 min.

SERVINGS

servings

6

CALORIES

calories

515 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 18 ounce hunt's® original barbecue sauce
- ☐ 1 tablespoon chili powder
- ☐ 3 cups pot roast cut shredded leftover cooked
- ☐ 1 medium onion red sliced
- ☐ 6 kaiser rolls split toasted
- ☐ 1 tablespoon vegetable oil

Equipment

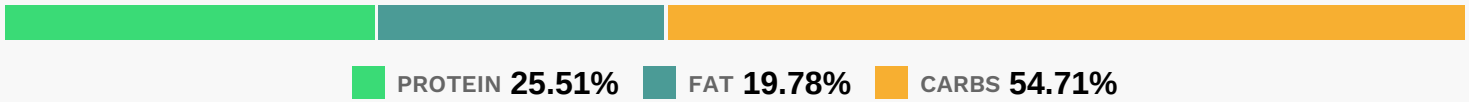
- ☐ frying pan

- ☐ sauce pan
- ☐ pot

Directions

- ☐ Heat oil in medium skillet or saucepan about 1 minute; add onion. Cook over medium heat 5 minutes, or until onion browns a bit, stirring occasionally. Blend in chili powder.
- ☐ Add shredded pot roast and barbecue sauce. Reduce heat to low and cook about 5 minutes or until bubbling, stirring occasionally.
- ☐ Fill rolls evenly with the meat mixture and serve.

Nutrition Facts



Properties

Glycemic Index:16.67, Glycemic Load:23.34, Inflammation Score:-5, Nutrition Score:19.060869551223%

Flavonoids

Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 3.72mg, Quercetin: 3.72mg, Quercetin: 3.72mg, Quercetin: 3.72mg

Nutrients (% of daily need)

Calories: 515.08kcal (25.75%), Fat: 11.19g (17.21%), Saturated Fat: 2.64g (16.52%), Carbohydrates: 69.59g (23.2%), Net Carbohydrates: 66.99g (24.36%), Sugar: 33.44g (37.16%), Cholesterol: 76.89mg (25.63%), Sodium: 1278.66mg (55.59%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 32.45g (64.9%), Iron: 13.85mg (76.96%), Zinc: 6.72mg (44.77%), Selenium: 30.45µg (43.5%), Vitamin B12: 2.5µg (41.6%), Vitamin B6: 0.69mg (34.61%), Vitamin B3: 6.86mg (34.3%), Phosphorus: 264.1mg (26.41%), Potassium: 642.82mg (18.37%), Vitamin B2: 0.26mg (15.52%), Vitamin A: 586.21IU (11.72%), Vitamin E: 1.72mg (11.47%), Magnesium: 42.08mg (10.52%), Fiber: 2.61g (10.42%), Vitamin B5: 0.95mg (9.48%), Copper: 0.19mg (9.47%), Manganese: 0.17mg (8.56%), Vitamin K: 8.6µg (8.19%), Vitamin B1: 0.12mg (8.16%), Calcium: 60.82mg (6.08%), Folate: 20.94µg (5.23%), Vitamin C: 1.88mg (2.27%)