

Shredded French Dip

 Dairy Free

READY IN



365 min.

SERVINGS



10

CALORIES



398 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 teaspoon beef bouillon granules
- 10 ounces beef broth undiluted canned
- 3 pounds beef chuck boneless trimmed
- 10 ounces beef consomme undiluted canned
- 10 ounces campbell's® condensed onion soup french undiluted canned
- 8 portugese rolls split french italian

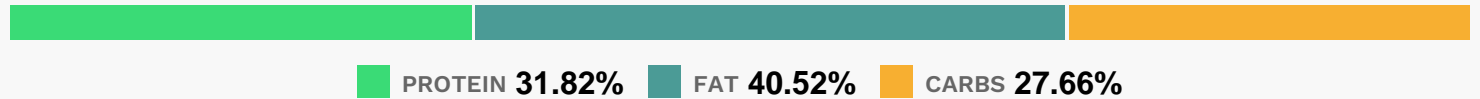
Equipment

- slow cooker

Directions

- Halve roast and place in a 3-qt. slow cooker.
- Combine the soup, consomme, broth and bouillon; pour over roast. Cover and cook on low for 6-8 hours or until meat is tender.
- Remove meat and shred with two forks.
- Serve on rolls. Skim fat from cooking juices and serve as a dipping sauce.

Nutrition Facts



Properties

Glycemic Index:7.3, Glycemic Load:18.37, Inflammation Score:-1, Nutrition Score:16.9595652417%

Nutrients (% of daily need)

Calories: 398.05kcal (19.9%), Fat: 17.85g (27.47%), Saturated Fat: 7.15g (44.7%), Carbohydrates: 27.42g (9.14%), Net Carbohydrates: 26.34g (9.58%), Sugar: 4.39g (4.88%), Cholesterol: 95.04mg (31.68%), Sodium: 749.44mg (32.58%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 31.55g (63.1%), Zinc: 10.23mg (68.22%), Iron: 11.45mg (63.62%), Vitamin B12: 3.76µg (62.61%), Selenium: 28.48µg (40.69%), Vitamin B3: 6.33mg (31.66%), Phosphorus: 265.01mg (26.5%), Vitamin B6: 0.53mg (26.36%), Potassium: 609.07mg (17.4%), Vitamin B2: 0.21mg (12.34%), Vitamin B5: 0.85mg (8.47%), Magnesium: 27.09mg (6.77%), Vitamin B1: 0.09mg (6.09%), Fiber: 1.08g (4.32%), Copper: 0.08mg (4.15%), Calcium: 36.3mg (3.63%), Vitamin K: 2.04µg (1.94%), Vitamin E: 0.26mg (1.72%), Folate: 5.28µg (1.32%)