



Slow-Cooker Balsamic Beef Sandwiches

READY IN



555 min.

SERVINGS



8

CALORIES



525 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2.5 pound top round beef roast boneless
- 0.5 teaspoon seasoning italian
- 0.5 teaspoon salt
- 0.3 teaspoon garlic
- 1 large onion sweet spanish sliced (such as Bermuda, Maui, or Walla Walla)
- 0.8 cup balsamic vinaigrette
- 8 portugese rolls split
- 0.3 cup sun-dried olives
- 0.3 cup basil fresh shredded chopped

4 ounce provolone cheese thin

Equipment

frying pan

slow cooker

cutting board

Directions

Spray 12-inch nonstick skillet with cooking spray. If beef roast comes in netting or is tied, do not remove.

Sprinkle beef with Italian seasoning, salt and garlic pepper. Cook beef in skillet over medium-high heat 6 to 8 minutes, turning occasionally, until brown on all sides.

Spray 5- to 6-quart slow cooker with cooking spray.

Place onion in cooker. Top with beef.

Pour dressing over beef and onion.

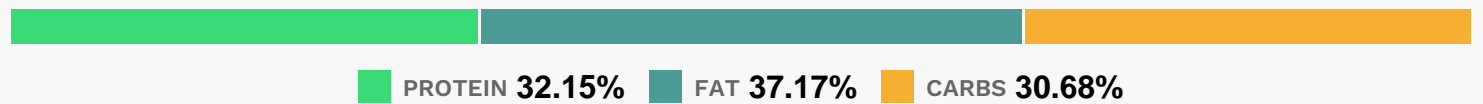
Cover and cook on Low heat setting 8 to 9 hours.

Place beef on cutting board; remove netting or strings.

Cut or shred beef into small pieces. Return beef to cooker. To serve, spread cut sides of buns with tomato spread; sprinkle with basil.

Layer beef, onion mixture and cheese in buns.

Nutrition Facts



Properties

Glycemic Index:29.38, Glycemic Load:23.51, Inflammation Score:-5, Nutrition Score:21.97695669791%

Flavonoids

Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg Kaempferol: 0.47mg, Kaempferol: 0.47mg, Kaempferol: 0.47mg, Kaempferol: 0.47mg Myricetin: 0.47mg, Myricetin: 0.47mg, Myricetin: 0.47mg, Myricetin: 0.47mg Quercetin: 6.01mg, Quercetin: 6.01mg, Quercetin: 6.01mg

Nutrients (% of daily need)

Calories: 525.32kcal (26.27%), Fat: 21.26g (32.71%), Saturated Fat: 5.59g (34.91%), Carbohydrates: 39.47g (13.16%), Net Carbohydrates: 37.55g (13.65%), Sugar: 8.52g (9.47%), Cholesterol: 97.66mg (32.55%), Sodium: 826.48mg (35.93%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 41.38g (82.76%), Iron: 14.14mg (78.54%), Selenium: 41.74µg (59.62%), Vitamin B6: 1mg (50.24%), Vitamin B3: 9.98mg (49.9%), Vitamin B12: 2.83µg (47.15%), Zinc: 6.49mg (43.25%), Phosphorus: 399.22mg (39.92%), Potassium: 674.26mg (19.26%), Vitamin B2: 0.3mg (17.57%), Calcium: 158.33mg (15.83%), Magnesium: 49.23mg (12.31%), Vitamin B1: 0.17mg (11.35%), Copper: 0.22mg (10.93%), Folate: 32.51µg (8.13%), Vitamin B5: 0.8mg (8.01%), Fiber: 1.93g (7.71%), Vitamin K: 7.51µg (7.15%), Manganese: 0.13mg (6.65%), Vitamin C: 3.5mg (4.24%), Vitamin A: 196.89IU (3.94%), Vitamin E: 0.5mg (3.3%)