



Slow-Cooker Balsamic Beef Sandwiches

READY IN



555 min.

SERVINGS



8

CALORIES



525 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

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

0.3 cup sun-dried olives

Equipment

frying pan

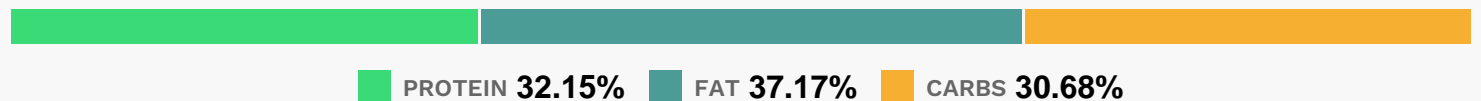
slow cooker

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%)