

Slow Cooker Barbecue Beef

 Dairy Free

READY IN



500 min.

SERVINGS



8

CALORIES



371 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 cubes beef bouillon from cube
- ☐ 0.3 cup brown sugar
- ☐ 1.5 teaspoons chili powder
- ☐ 3 pounds chuck roast
- ☐ 3 tablespoons flour all-purpose
- ☐ 1 clove garlic minced
- ☐ 1 teaspoon ground mustard
- ☐ 0.5 cup onion chopped

☐ 15 ounces tomato sauce

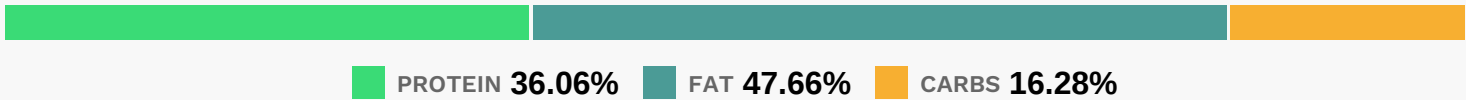
Equipment

☐ slow cooker

Directions

- ☐ Rub the flour into the roast.
- ☐ Place roast in bottom of slow cooker.
- ☐ Pour in the tomato sauce, onion, brown sugar, bouillon, chili powder, garlic and mustard powder.
- ☐ Mix well.
- ☐ Cover slow cooker and cook on high setting for 8 hours OR on low setting for 14 to 16 hours.

Nutrition Facts



Properties

Glycemic Index:22.13, Glycemic Load:2.71, Inflammation Score:-4, Nutrition Score:21.012608605882%

Flavonoids

Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 2.04mg, Quercetin: 2.04mg, Quercetin: 2.04mg, Quercetin: 2.04mg

Nutrients (% of daily need)

Calories: 370.96kcal (18.55%), Fat: 19.87g (30.57%), Saturated Fat: 8.62g (53.89%), Carbohydrates: 15.28g (5.09%), Net Carbohydrates: 14.06g (5.11%), Sugar: 11.26g (12.51%), Cholesterol: 117.37mg (39.12%), Sodium: 402.72mg (17.51%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 33.83g (67.65%), Zinc: 12.98mg (86.56%), Vitamin B12: 4.64µg (77.41%), Selenium: 37.13µg (53.04%), Vitamin B3: 8.14mg (40.68%), Vitamin B6: 0.73mg (36.71%), Phosphorus: 346.04mg (34.6%), Iron: 4.36mg (24.23%), Potassium: 763.6mg (21.82%), Vitamin B2: 0.3mg (17.8%), Vitamin B5: 1.25mg (12.53%), Magnesium: 44.33mg (11.08%), Vitamin B1: 0.16mg (10.36%), Copper: 0.18mg (9.18%), Vitamin E: 1.25mg (8.32%), Vitamin A: 363.77IU (7.28%), Manganese: 0.13mg (6.53%), Vitamin C: 4.6mg (5.57%), Calcium: 49.33mg (4.93%), Fiber: 1.21g (4.85%), Folate: 17.57µg (4.39%), Vitamin K: 4.5µg (4.29%), Vitamin D: 0.17µg (1.13%)