



Slow-Cooker Barbecue-Beef Sandwiches

 Dairy Free

READY IN



45 min.

SERVINGS



10

CALORIES



220 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.8 teaspoon pepper black
- 1 tablespoon chili powder
- 3 tablespoons cider vinegar
- 5 tablespoons brown sugar dark divided
- 1 teaspoon mustard dry
- 2 pound flank steaks
- 1 teaspoon garlic powder
- 1 teaspoon ground cumin

- 3 tablespoons blackstrap molasses
- 1 cup onion chopped
- 0.5 teaspoon salt
- 2.5 ounce submarine rolls halved
- 1 cup tomato paste
- 3 tablespoons worcestershire sauce

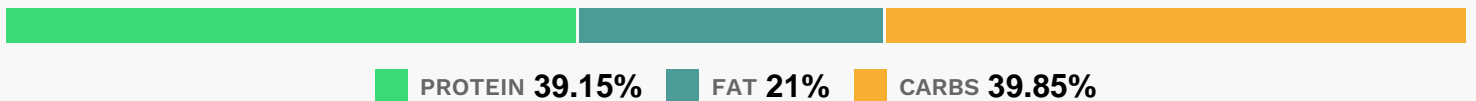
Equipment

- slow cooker

Directions

- Combine 1 tablespoon brown sugar and pepper; rub over both sides of steaks.
- Combine 1/4 cup brown sugar, onion, and next 9 ingredients (onion through salt) in an electric slow cooker.
- Add steaks; turn to coat. Cover with lid; cook on high-heat setting for 1 hour. Reduce heat setting to low; cook for 7 hours.
- Remove steaks; reserve sauce. Shred steaks with 2 forks. Return shredded steak to cooker; stir into sauce. Spoon 1/2 cup steak mixture onto bottom half of each roll; top with onion and pickles, if desired. Cover with tops of rolls.

Nutrition Facts



Properties

Glycemic Index:27.1, Glycemic Load:6.39, Inflammation Score:-6, Nutrition Score:14.564347826916%

Flavonoids

Isorhamnetin: 0.8mg, Isorhamnetin: 0.8mg, Isorhamnetin: 0.8mg, Isorhamnetin: 0.8mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Quercetin: 3.25mg, Quercetin: 3.25mg, Quercetin: 3.25mg, Quercetin: 3.25mg

Nutrients (% of daily need)

Calories: 219.93kcal (11%), Fat: 5.14g (7.91%), Saturated Fat: 1.95g (12.16%), Carbohydrates: 21.94g (7.31%), Net Carbohydrates: 20.1g (7.31%), Sugar: 15.22g (16.91%), Cholesterol: 54.43mg (18.14%), Sodium: 485.29mg (21.1%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 21.56g (43.11%), Selenium: 30.07µg (42.96%), Vitamin B6: 0.69mg (34.56%), Vitamin B3: 6.69mg (33.44%), Zinc: 3.76mg (25.1%), Iron: 4.2mg (23.34%), Phosphorus: 221.69mg (22.17%), Potassium: 764.29mg (21.84%), Vitamin B12: 0.83µg (13.76%), Manganese: 0.26mg (13.21%), Magnesium: 51.66mg (12.92%), Vitamin A: 644.52IU (12.89%), Vitamin E: 1.72mg (11.48%), Copper: 0.23mg (11.27%), Vitamin B2: 0.16mg (9.7%), Vitamin C: 7.62mg (9.24%), Fiber: 1.84g (7.37%), Vitamin B5: 0.7mg (6.98%), Vitamin B1: 0.1mg (6.72%), Calcium: 61.86mg (6.19%), Vitamin K: 5.3µg (5.05%), Folate: 19.18µg (4.79%)