



Slow-Cooker Barbecue Beef Sandwiches

 Dairy Free

READY IN



530 min.

SERVINGS



12

CALORIES



395 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.5 cup apricot preserves
- 1 cup barbecue sauce
- 3 pounds beef chuck boneless
- 2 teaspoons brown sugar packed
- 1 tablespoon dijon mustard
- 0.3 cup bell pepper green chopped
- 12 hawaiian rolls split
- 1 small onion sliced

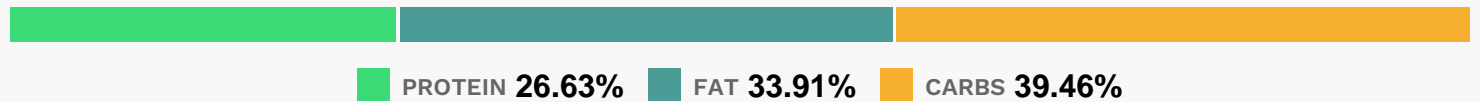
Equipment

- slow cooker
- cutting board

Directions

- Trim excess fat from beef.
- Cut beef into 4 pieces.
- Place beef in 4- to 5-quart slow cooker.
- Mix remaining ingredients except buns; pour over beef. Cover and cook on low heat setting 7 to 8 hours or until beef is tender.
- Remove beef to cutting board.
- Cut into thin slices; return to cooker.
- Cover and cook on low heat setting 20 to 30 minutes longer or until beef is hot. Fill buns with beef mixture. Note: This recipe was tested in slow cookers with heating elements in the side and bottom of the cooker, not in cookers that stand only on a heated base. For slow cookers with just a heated base, follow the manufacturers directions for layering ingredients and choosing a temperature.

Nutrition Facts



Properties

Glycemic Index:10.92, Glycemic Load:13.01, Inflammation Score:-3, Nutrition Score:17.798695574636%

Flavonoids

Catechin: 0.03mg, Catechin: 0.03mg, Catechin: 0.03mg, Catechin: 0.03mg Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg Luteolin: 0.2mg, Luteolin: 0.2mg, Luteolin: 0.2mg, Luteolin: 0.2mg Isorhamnetin: 0.29mg, Isorhamnetin: 0.29mg, Isorhamnetin: 0.29mg, Isorhamnetin: 0.29mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Quercetin: 1.31mg, Quercetin: 1.31mg, Quercetin: 1.31mg, Quercetin: 1.31mg

Nutrients (% of daily need)

Calories: 395.39kcal (19.77%), Fat: 14.92g (22.96%), Saturated Fat: 6.1g (38.12%), Carbohydrates: 39.07g (13.02%), Net Carbohydrates: 37.83g (13.76%), Sugar: 16.33g (18.15%), Cholesterol: 78.24mg (26.08%), Sodium: 567.99mg (24.7%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 26.37g (52.74%), Zinc: 8.91mg (59.41%), Vitamin B12: 3.18µg (53.03%), Selenium: 36.03µg (51.46%), Vitamin B3: 6.88mg (34.4%), Phosphorus: 266.71mg (26.67%), Vitamin B6: 0.5mg (24.93%), Iron: 4.09mg (22.7%), Vitamin B1: 0.32mg (21.41%), Vitamin B2: 0.31mg (18.31%), Manganese: 0.3mg (15.07%), Potassium: 510.35mg (14.58%), Folate: 46.01µg (11.5%), Calcium: 94.13mg (9.41%), Magnesium: 36.59mg (9.15%), Vitamin B5: 0.75mg (7.53%), Copper: 0.15mg (7.47%), Vitamin C: 5.33mg (6.47%), Fiber: 1.24g (4.97%), Vitamin K: 4.54µg (4.33%), Vitamin E: 0.56mg (3.71%), Vitamin A: 105.08IU (2.1%)