



Slow-Cooker Barbecue Beef Sandwiches



Dairy Free



Very Healthy

READY IN



530 min.

SERVINGS



1

CALORIES



4745 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

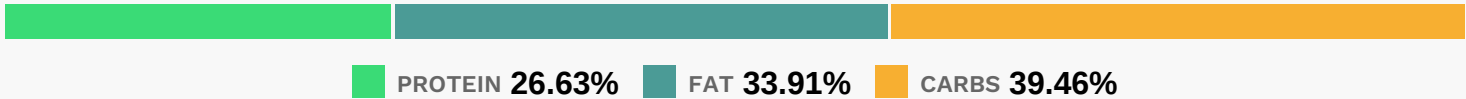
Equipment

- ☐ 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 manufacturer's directions for layering ingredients and choosing a temperature.

Nutrition Facts



Properties

Glycemic Index:131, Glycemic Load:156.16, Inflammation Score:-10, Nutrition Score:80.339130650396%

Flavonoids

Catechin: 0.37mg, Catechin: 0.37mg, Catechin: 0.37mg, Catechin: 0.37mg Epicatechin: 0.33mg, Epicatechin: 0.33mg, Epicatechin: 0.33mg, Epicatechin: 0.33mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 2.35mg, Luteolin: 2.35mg, Luteolin: 2.35mg, Luteolin: 2.35mg Isorhamnetin: 3.51mg, Isorhamnetin: 3.51mg, Isorhamnetin: 3.51mg Kaempferol: 0.56mg, Kaempferol: 0.56mg, Kaempferol: 0.56mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 15.67mg, Quercetin: 15.67mg, Quercetin: 15.67mg, Quercetin: 15.67mg

Nutrients (% of daily need)

Calories: 4744.71kcal (237.24%), Fat: 179.09g (275.53%), Saturated Fat: 73.19g (457.45%), Carbohydrates: 468.87g (156.29%), Net Carbohydrates: 453.97g (165.08%), Sugar: 195.99g (217.77%), Cholesterol: 938.94mg (312.98%), Sodium: 6815.92mg (296.34%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 316.43g (632.86%), Zinc: 106.94mg (712.91%), Vitamin B12: 38.18µg (636.35%), Selenium: 432.3µg (617.57%), Vitamin B3: 82.57mg (412.86%), Phosphorus: 3200.53mg (320.05%), Vitamin B6: 5.98mg (299.19%), Iron: 49.02mg (272.36%), Vitamin B1: 3.85mg (256.98%), Vitamin B2: 3.73mg (219.68%), Manganese: 3.62mg (180.79%), Potassium: 6124.16mg (174.98%), Folate: 552.16µg (138.04%), Calcium: 1129.57mg (112.96%), Magnesium: 439.03mg (109.76%), Vitamin B5: 9.04mg (90.39%), Copper: 1.79mg (89.58%), Vitamin C: 64.01mg (77.58%), Fiber: 14.9g (59.58%), Vitamin K: 54.51µg (51.91%), Vitamin E: 6.67mg (44.47%), Vitamin A: 1261.02IU (25.22%), Vitamin D: 1.36µg (9.07%)