



Slow-Cooker Barbecue Beef Sandwiches

 Dairy Free

READY IN



435 min.

SERVINGS



12

CALORIES



362 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 10 ounce condensed beef broth canned
- ☐ 0.5 cup firmly brown sugar packed
- ☐ 1 slices dill pickle
- ☐ 3.5 pound eye-of-round roast cut in half vertically
- ☐ 2 garlic cloves pressed
- ☐ 1 teaspoon coarse ground pepper
- ☐ 1 cup catsup
- ☐ 0.5 cup juice of lemon

- ☐ 2 teaspoons salt divided
- ☐ 12 sandwich buns
- ☐ 3 tablespoons steak sauce
- ☐ 1 teaspoon worcestershire sauce

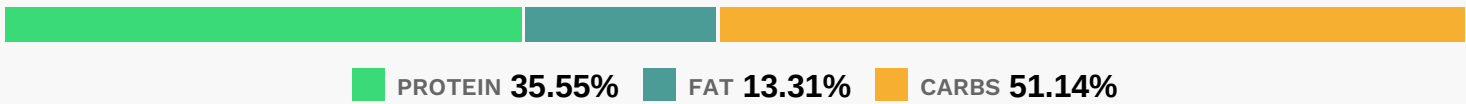
Equipment

- ☐ slow cooker

Directions

- ☐ Sprinkle beef evenly with 1 teaspoon salt.
- ☐ Stir together remaining 1 teaspoon salt, garlic, and next 7 ingredients.
- ☐ Pour half of mixture into a 5 1/2-quart slow cooker.
- ☐ Place beef in slow cooker, and pour remaining mixture over beef.
- ☐ Cover and cook on HIGH 7 hours.
- ☐ Shred beef in slow cooker with two forks.
- ☐ Serve in rolls or buns with dill pickle slices.

Nutrition Facts



Properties

Glycemic Index:5.17, Glycemic Load:0.07, Inflammation Score:-5, Nutrition Score:22.648260686709%

Flavonoids

Eriodictyol: 0.5mg, Eriodictyol: 0.5mg, Eriodictyol: 0.5mg, Eriodictyol: 0.5mg Hesperetin: 1.47mg, Hesperetin: 1.47mg, Hesperetin: 1.47mg, Hesperetin: 1.47mg Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.22mg, Quercetin: 0.22mg, Quercetin: 0.22mg, Quercetin: 0.22mg

Nutrients (% of daily need)

Calories: 362.25kcal (18.11%), Fat: 5.4g (8.3%), Saturated Fat: 1.49g (9.29%), Carbohydrates: 46.67g (15.56%), Net Carbohydrates: 45.03g (16.38%), Sugar: 15.01g (16.67%), Cholesterol: 0mg (0%), Sodium: 1199.36mg (52.15%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 32.44g (64.88%), Vitamin B6: 1.26mg (62.94%), Selenium:

43.73µg (62.47%), Vitamin B3: 11.73mg (58.67%), Zinc: 6.12mg (40.79%), Vitamin B12: 2.36µg (39.3%), Phosphorus: 355.52mg (35.55%), Vitamin B2: 0.6mg (35.25%), Vitamin B1: 0.5mg (33.12%), Iron: 5.19mg (28.84%), Potassium: 673.18mg (19.23%), Manganese: 0.35mg (17.46%), Copper: 0.32mg (16.09%), Folate: 59.96µg (14.99%), Magnesium: 53.68mg (13.42%), Vitamin B5: 1.12mg (11.18%), Calcium: 82.18mg (8.22%), Vitamin C: 5.5mg (6.67%), Fiber: 1.64g (6.56%), Vitamin E: 0.61mg (4.05%), Vitamin K: 3.48µg (3.32%), Vitamin A: 139.26IU (2.79%)