



## Slow-Cooker Barbecue Beef Sandwiches wtih Coleslaw

 Dairy Free

READY IN



615 min.

SERVINGS



10

CALORIES



311 kcal

SIDE DISH

### Ingredients

- ☐ 1.5 pounds round steak boneless
- ☐ 0.5 teaspoon salt
- ☐ 0.3 teaspoon pepper
- ☐ 2 cups coleslaw mix shredded
- ☐ 0.5 cup onion coarsely chopped
- ☐ 0.3 cup rice long-grain uncooked
- ☐ 0.5 cup barbecue sauce

- ☐ 0.5 cup water
- ☐ 10 sandwich rolls

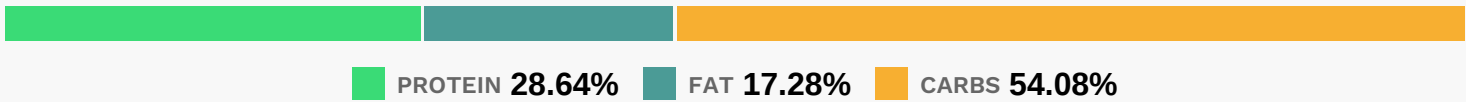
## Equipment

- ☐ bowl
- ☐ slow cooker

## Directions

- ☐ Spray 3- to 3 1/2-quart slow cooker with cooking spray.
- ☐ Cut beef into 3-inch pieces.
- ☐ Sprinkle beef with salt and pepper.
- ☐ Mix coleslaw mix, onion, rice, barbecue sauce and water in large bowl.
- ☐ Layer beef and coleslaw mixture in slow cooker.
- ☐ Cover and cook on Low heat setting 8 to 10 hours. To serve, fill buns with beef mixture.
- ☐ Serve with sliced red onions and additional barbecue sauce, if desired.

## Nutrition Facts



## Properties

Glycemic Index:16.42, Glycemic Load:2.6, Inflammation Score:-4, Nutrition Score:15.99391294044%

## Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 0.4mg, Isorhamnetin: 0.4mg, Isorhamnetin: 0.4mg, Isorhamnetin: 0.4mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Quercetin: 1.66mg, Quercetin: 1.66mg, Quercetin: 1.66mg

## Nutrients (% of daily need)

Calories: 310.57kcal (15.53%), Fat: 5.85g (9%), Saturated Fat: 1.48g (9.27%), Carbohydrates: 41.16g (13.72%), Net Carbohydrates: 39.16g (14.24%), Sugar: 6.55g (7.28%), Cholesterol: 42.86mg (14.29%), Sodium: 616.1mg (26.79%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 21.8g (43.6%), Selenium: 42.72µg (61.02%), Vitamin B3: 7.31mg (36.57%), Vitamin B6: 0.52mg (25.93%), Zinc: 3.57mg (23.8%), Vitamin B1: 0.36mg (23.73%), Phosphorus:

222.26mg (22.23%), Vitamin B12: 1.29µg (21.43%), Iron: 3.53mg (19.61%), Manganese: 0.38mg (18.97%), Vitamin B2: 0.32mg (18.86%), Folate: 71.2µg (17.8%), Vitamin K: 12.17µg (11.59%), Potassium: 375.72mg (10.73%), Copper: 0.19mg (9.53%), Magnesium: 38.1mg (9.53%), Calcium: 81.86mg (8.19%), Vitamin B5: 0.8mg (8.04%), Fiber: 2g (7.99%), Vitamin C: 5.8mg (7.03%), Vitamin E: 0.59mg (3.91%)