



## Slow-Cooker Barbecued Chili Beef and Cheddar Sandwiches

READY IN



485 min.

SERVINGS



10

CALORIES



580 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 3 lb beef chuck
- 1 oz chili seasoning
- 0.5 cup barbecue sauce
- 10 onion rolls split
- 10 oz cheddar cheese

### Equipment

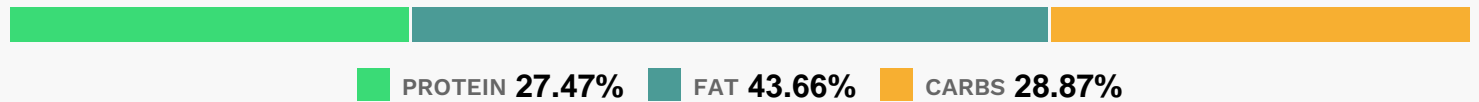
- slow cooker

cutting board

## Directions

- In 3 1/2- to 4-quart slow cooker, place beef roast.
- Sprinkle seasoning mix (dry) over beef; drizzle with barbecue sauce.
- Cover and cook on Low heat setting 8 to 10 hours (chili seasoning will appear black when done).
- Remove beef from cooker; place on cutting board. Skim fat from top of juices in cooker. Shred beef, using 2 forks. Stir shredded beef into juices in cooker. To serve, fill each roll with 1/2 cup beef and top with cheese.

## Nutrition Facts



## Properties

Glycemic Index:4.2, Glycemic Load:0.27, Inflammation Score:-8, Nutrition Score:24.046956347383%

## Nutrients (% of daily need)

Calories: 580.2kcal (29.01%), Fat: 28.27g (43.49%), Saturated Fat: 12.37g (77.32%), Carbohydrates: 42.06g (14.02%), Net Carbohydrates: 39.24g (14.27%), Sugar: 8.53g (9.48%), Cholesterol: 122.24mg (40.75%), Sodium: 818.85mg (35.6%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 40.02g (80.05%), Zinc: 11.42mg (76.14%), Vitamin B12: 4.02µg (66.92%), Selenium: 36.42µg (52.03%), Vitamin B3: 8.31mg (41.55%), Phosphorus: 398.79mg (39.88%), Vitamin A: 1730.11IU (34.6%), Iron: 6.01mg (33.41%), Vitamin B2: 0.54mg (31.88%), Vitamin B6: 0.61mg (30.61%), Calcium: 302.78mg (30.28%), Vitamin B1: 0.31mg (20.98%), Folate: 79.71µg (19.93%), Potassium: 571.42mg (16.33%), Fiber: 2.82g (11.27%), Vitamin B5: 1.05mg (10.47%), Magnesium: 40.41mg (10.1%), Vitamin E: 1.41mg (9.4%), Copper: 0.12mg (6.14%), Vitamin K: 5.26µg (5.01%), Manganese: 0.08mg (3.98%), Vitamin D: 0.31µg (2.04%)