



Slow-Cooker Barbecued Chili Beef and Cheddar Sandwiches

READY IN



485 min.

SERVINGS



10

CALORIES



583 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

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

Equipment

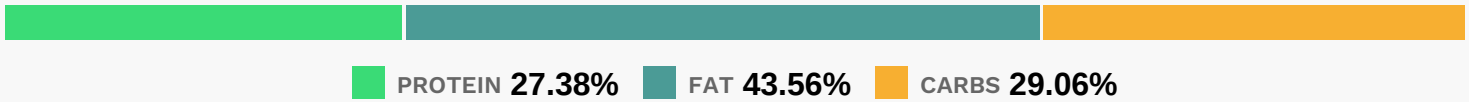
- ☐ slow cooker

☐ 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:0.3, Inflammation Score:-9, Nutrition Score:25.026521803244%

Nutrients (% of daily need)

Calories: 583.19kcal (29.16%), Fat: 28.4g (43.7%), Saturated Fat: 12.39g (77.46%), Carbohydrates: 42.63g (14.21%), Net Carbohydrates: 39.44g (14.34%), Sugar: 8.64g (9.6%), Cholesterol: 122.24mg (40.75%), Sodium: 819.57mg (35.63%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 40.17g (80.35%), Zinc: 11.47mg (76.44%), Vitamin B12: 4.02µg (66.92%), Selenium: 36.49µg (52.12%), Vitamin A: 2253.73IU (45.07%), Vitamin B3: 8.42mg (42.08%), Phosphorus: 402.13mg (40.21%), Iron: 6.24mg (34.66%), Vitamin B2: 0.56mg (32.65%), Vitamin B6: 0.63mg (31.75%), Calcium: 305.21mg (30.52%), Vitamin B1: 0.32mg (21.21%), Folate: 80.23µg (20.06%), Potassium: 595.66mg (17.02%), Fiber: 3.19g (12.76%), Vitamin E: 1.72mg (11.47%), Vitamin B5: 1.07mg (10.74%), Magnesium: 42.31mg (10.58%), Copper: 0.13mg (6.52%), Vitamin K: 6.11µg (5.82%), Manganese: 0.1mg (4.82%), Vitamin D: 0.31µg (2.04%)