



Slow Cooker BBQ Flat Iron Steak Sandwiches

 Dairy Free

READY IN



310 min.

SERVINGS



4

CALORIES



697 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 tablespoon dehydrated onion dried chopped
- 2 pounds flat iron steak cubed
- 0.5 cup salad dressing italian
- 0.5 cup catsup
- 1 tablespoon blackstrap molasses
- 2 tablespoons soya sauce
- 4 portugese rolls split toasted

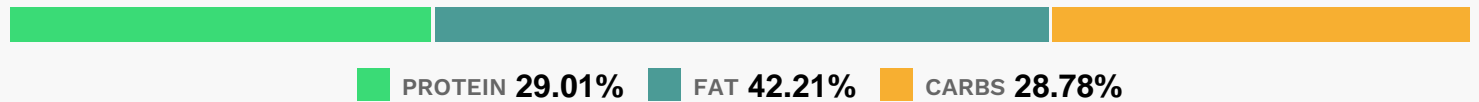
Equipment

- bowl
- slow cooker

Directions

- Mix the ketchup, Italian dressing, soy sauce, and molasses in a small bowl.
- Place the steak in slow cooker, sprinkle with onions, and pour the ketchup mixture over the steak.
- Turn the slow cooker to High and cook for 1 hour. Reduce the heat to Low and continue cooking until the meat is tender, about 4 hours.
- Serve on hoagie buns and top with 1/4 cup coleslaw, if desired, for a southern bbq flavor.

Nutrition Facts



Properties

Glycemic Index:33, Glycemic Load:24.67, Inflammation Score:-4, Nutrition Score:31.302608479624%

Flavonoids

Quercetin: 0.26mg, Quercetin: 0.26mg, Quercetin: 0.26mg, Quercetin: 0.26mg

Nutrients (% of daily need)

Calories: 697.46kcal (34.87%), Fat: 32.31g (49.7%), Saturated Fat: 9.82g (61.38%), Carbohydrates: 49.57g (16.52%), Net Carbohydrates: 48.23g (17.54%), Sugar: 18.25g (20.28%), Cholesterol: 149.69mg (49.9%), Sodium: 1529mg (66.48%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 49.95g (99.91%), Vitamin B12: 11.45µg (190.89%), Zinc: 15.75mg (105.01%), Selenium: 69.41µg (99.15%), Iron: 16.65mg (92.52%), Vitamin B6: 0.98mg (48.84%), Phosphorus: 446.55mg (44.65%), Vitamin B3: 8.64mg (43.19%), Vitamin B2: 0.58mg (34.1%), Potassium: 922.13mg (26.35%), Vitamin B5: 2.26mg (22.64%), Vitamin K: 18.76µg (17.87%), Magnesium: 69.85mg (17.46%), Copper: 0.34mg (17.13%), Vitamin B1: 0.25mg (16.49%), Manganese: 0.21mg (10.69%), Vitamin E: 1.47mg (9.79%), Fiber: 1.34g (5.37%), Calcium: 43.58mg (4.36%), Folate: 13.2µg (3.3%), Vitamin A: 164.7IU (3.29%), Vitamin C: 2.29mg (2.77%)