



## Slow-Cooker Beef and Pork Barbecue Sandwiches

 Dairy Free

READY IN



640 min.

SERVINGS



15

CALORIES



348 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 1.5 pounds beef chuck boneless trimmed of fat
- 1.5 pounds pork shoulder boneless trimmed of fat
- 1 cup onion chopped
- 1 cup bell pepper green chopped
- 0.5 cup brown sugar packed
- 0.3 cup apple cider vinegar
- 1 tablespoon chili powder

- 1 teaspoon salt
- 1 teaspoon ground mustard
- 2 teaspoons worcestershire sauce
- 6 ounces canned tomatoes canned
- 15 sandwich rolls split

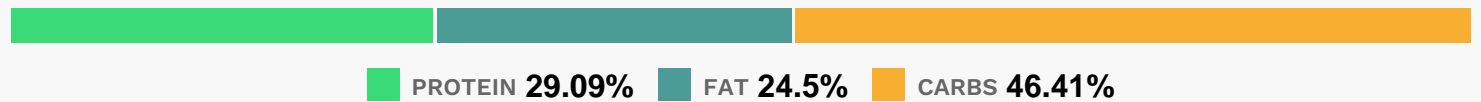
## Equipment

- slotted spoon
- slow cooker
- cutting board

## Directions

- Cut beef and pork into 3-inch pieces.
- Place beef, pork and remaining ingredients except tomato paste and buns in 4- to 5-quart slow cooker.
- Cover and cook on Low heat setting 8 to 10 hours.
- Remove beef and pork from cooker, using slotted spoon; place on cutting board. Strain liquid in cooker and return cooked vegetables to cooker. Shred meat, using 2 forks. Return meat to cooker. Stir in tomato paste. Increase heat setting to High. Cover and cook 10 to 15 minutes or until hot. To serve, spoon 1/3 cup meat mixture into each bun.

## Nutrition Facts



## Properties

Glycemic Index:7.67, Glycemic Load:0.5, Inflammation Score:-5, Nutrition Score:18.753043571244%

## Flavonoids

Luteolin: 0.47mg, Luteolin: 0.47mg, Luteolin: 0.47mg, Luteolin: 0.47mg Isorhamnetin: 0.53mg, Isorhamnetin: 0.53mg, Isorhamnetin: 0.53mg, Isorhamnetin: 0.53mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Quercetin: 2.38mg, Quercetin: 2.38mg, Quercetin: 2.38mg, Quercetin: 2.38mg

## Nutrients (% of daily need)

Calories: 347.65kcal (17.38%), Fat: 9.38g (14.44%), Saturated Fat: 3.15g (19.69%), Carbohydrates: 40.01g (13.34%), Net Carbohydrates: 37.93g (13.79%), Sugar: 9.46g (10.51%), Cholesterol: 58.51mg (19.5%), Sodium: 563.46mg (24.5%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 25.07g (50.14%), Selenium: 43.94µg (62.77%), Vitamin B3: 9.01mg (45.07%), Vitamin B1: 0.62mg (41.13%), Zinc: 4.93mg (32.86%), Vitamin B6: 0.59mg (29.4%), Vitamin B2: 0.49mg (28.6%), Vitamin B12: 1.63µg (27.22%), Phosphorus: 259.11mg (25.91%), Iron: 3.63mg (20.16%), Manganese: 0.35mg (17.35%), Folate: 60.51µg (15.13%), Potassium: 480.27mg (13.72%), Vitamin C: 9.94mg (12.04%), Magnesium: 42.38mg (10.6%), Vitamin B5: 1.03mg (10.28%), Copper: 0.2mg (9.91%), Fiber: 2.08g (8.31%), Calcium: 81.77mg (8.18%), Vitamin E: 0.75mg (5.02%), Vitamin A: 226.05IU (4.52%), Vitamin K: 2.98µg (2.84%)