



Slow-Cooker Beef Sliders with Pickled Peppers

 Dairy Free

READY IN



420 min.

SERVINGS



16

CALORIES



323 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 2 cups beef broth
- ☐ 1.5 teaspoons pepper black freshly ground
- ☐ 2 carrots coarsely chopped
- ☐ 4 rib celery stalks coarsely chopped
- ☐ 3.3 lb beef chuck boneless trimmed
- ☐ 16 dinner rolls split hearty
- ☐ 0.5 cup wine dry red

- ☐ 0.3 cup parsley fresh loosely packed chopped
- ☐ 0.3 cup chives fresh chopped
- ☐ 2 garlic clove
- ☐ 2 tablespoons horseradish prepared
- ☐ 2 teaspoons kosher salt
- ☐ 16 servings pasilla peppers
- ☐ 1 medium size onion sweet coarsely chopped
- ☐ 4 thyme sprigs fresh
- ☐ 1 tablespoon vegetable oil

Equipment

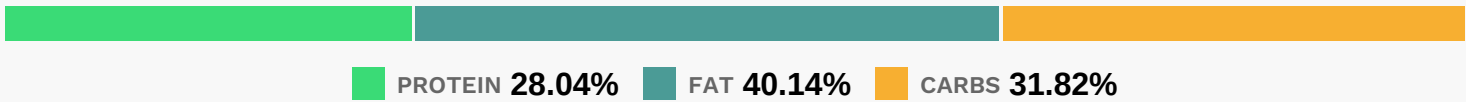
- ☐ frying pan
- ☐ sieve
- ☐ measuring cup
- ☐ dutch oven
- ☐ slow cooker

Directions

- ☐ Rub roast with salt and pepper. Cook in hot oil in a Dutch oven or large cast-iron skillet over medium-high heat 2 to 3 minutes on all sides until browned.
- ☐ Place roast, onion, and next 6 ingredients in a 6-qt. slow cooker.
- ☐ Cover and cook on HIGH 6 to 8 hours or until meat is tender.
- ☐ Remove roast and vegetables; discard vegetables. Shred meat.
- ☐ Pour liquid from slow cooker through a fine wire-mesh strainer into a 4-cup measuring cup, and let stand about 15 minutes.
- ☐ Remove fat from cooking liquid, and discard.
- ☐ Stir together shredded meat, horseradish, next 2 ingredients, and 1 cup reserved cooking liquid; discard remaining liquid.
- ☐ Add salt and pepper to taste.

- ☐ Serve on rolls with Pickled Peppers.
- ☐ Note: Keep beef mixture warm in slow cooker on WARM up to 2 hours. We tested with Pepperidge Farm Stone
- ☐ Baked French Artisan
- ☐ Rolls.

Nutrition Facts



Properties

Glycemic Index:19.24, Glycemic Load:0.55, Inflammation Score:-9, Nutrition Score:22.555217447488%

Flavonoids

Petunidin: 0.25mg, Petunidin: 0.25mg, Petunidin: 0.25mg, Petunidin: 0.25mg Delphinidin: 0.31mg, Delphinidin: 0.31mg, Delphinidin: 0.31mg, Delphinidin: 0.31mg Malvidin: 1.97mg, Malvidin: 1.97mg, Malvidin: 1.97mg, Malvidin: 1.97mg Peonidin: 0.14mg, Peonidin: 0.14mg, Peonidin: 0.14mg, Peonidin: 0.14mg Catechin: 0.58mg, Catechin: 0.58mg, Catechin: 0.58mg, Catechin: 0.58mg Epicatechin: 0.8mg, Epicatechin: 0.8mg, Epicatechin: 0.8mg, Epicatechin: 0.8mg Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg Apigenin: 2.03mg, Apigenin: 2.03mg, Apigenin: 2.03mg, Apigenin: 2.03mg Luteolin: 2.94mg, Luteolin: 2.94mg, Luteolin: 2.94mg, Luteolin: 2.94mg Isorhamnetin: 0.04mg, Isorhamnetin: 0.04mg, Isorhamnetin: 0.04mg, Isorhamnetin: 0.04mg Kaempferol: 0.37mg, Kaempferol: 0.37mg, Kaempferol: 0.37mg, Kaempferol: 0.37mg Myricetin: 0.41mg, Myricetin: 0.41mg, Myricetin: 0.41mg, Myricetin: 0.41mg Quercetin: 4.42mg, Quercetin: 4.42mg, Quercetin: 4.42mg, Quercetin: 4.42mg

Nutrients (% of daily need)

Calories: 323.46kcal (16.17%), Fat: 14.38g (22.12%), Saturated Fat: 5.5g (34.36%), Carbohydrates: 25.65g (8.55%), Net Carbohydrates: 22.4g (8.15%), Sugar: 3.71g (4.12%), Cholesterol: 63.57mg (21.19%), Sodium: 719.68mg (31.29%), Alcohol: 0.79g (100%), Alcohol %: 0.37% (100%), Protein: 22.59g (45.19%), Vitamin C: 51.88mg (62.89%), Zinc: 7.48mg (49.86%), Selenium: 33.61µg (48.02%), Vitamin B12: 2.54µg (42.27%), Vitamin A: 1626.45IU (32.53%), Vitamin B3: 6.39mg (31.95%), Manganese: 0.59mg (29.65%), Vitamin B6: 0.57mg (28.43%), Vitamin K: 26.69µg (25.42%), Phosphorus: 245.59mg (24.56%), Iron: 3.92mg (21.78%), Vitamin B1: 0.3mg (19.84%), Vitamin B2: 0.29mg (16.86%), Potassium: 542.57mg (15.5%), Fiber: 3.25g (12.99%), Folate: 44.72µg (11.18%), Calcium: 111.47mg (11.15%), Magnesium: 44.4mg (11.1%), Copper: 0.18mg (9.19%), Vitamin B5: 0.84mg (8.42%), Vitamin E: 0.69mg (4.57%)