



Slow-Cooker Cowboy Beef and BBQ Bean Sandwiches

 Dairy Free

READY IN



610 min.

SERVINGS



12

CALORIES



338 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 16 ounces baked beans canned
- 0.3 cup barbecue sauce
- 1.5 cups coleslaw mix prepared
- 1 teaspoon jalapeno finely chopped
- 12 onion rolls split
- 2 medium onion sliced
- 2 pound pan drippings from roast beef preferably boneless trimmed of fat

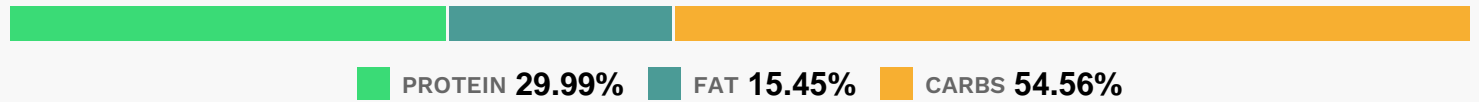
Equipment

- slow cooker
- cutting board

Directions

- Place onions in 3- to 4-quart slow cooker.
- Add beef. Top with bakedbeans and barbecue sauce.
- Cover and cook on low heat setting 8 to 10 hours.
- Remove beef from cooker; place on cutting board. Shred beef, using 2forks. Return beef to cooker and mix well. Stir in chili. To serve, place1/2 cup beef mixture in each roll and top with 2 tablespoons coleslaw.

Nutrition Facts



Properties

Glycemic Index:12.14, Glycemic Load:2.85, Inflammation Score:-4, Nutrition Score:15.708260880864%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 3.77mg, Quercetin: 3.77mg, Quercetin: 3.77mg, Quercetin: 3.77mg

Nutrients (% of daily need)

Calories: 337.68kcal (16.88%), Fat: 5.85g (9%), Saturated Fat: 1.15g (7.17%), Carbohydrates: 46.46g (15.49%), Net Carbohydrates: 42.09g (15.3%), Sugar: 6.45g (7.17%), Cholesterol: 45.74mg (15.25%), Sodium: 1731.94mg (75.3%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 25.53g (51.07%), Vitamin C: 39.86mg (48.32%), Vitamin B3: 7.91mg (39.54%), Calcium: 309.44mg (30.94%), Iron: 4.8mg (26.65%), Folate: 95.96µg (23.99%), Zinc: 3.34mg (22.26%), Vitamin B12: 1.29µg (21.42%), Phosphorus: 195.62mg (19.56%), Vitamin B6: 0.37mg (18.28%), Vitamin B1: 0.27mg (18.22%), Fiber: 4.37g (17.5%), Vitamin B2: 0.3mg (17.43%), Potassium: 384.97mg (11%), Selenium: 7.04µg (10.06%), Manganese: 0.2mg (9.82%), Magnesium: 32.45mg (8.11%), Copper: 0.15mg (7.37%), Vitamin K: 6.91µg (6.58%), Vitamin B5: 0.32mg (3.17%)