



Slow-Cooker Easy French Dip Sandwiches

 Dairy Free

READY IN



490 min.

SERVINGS



8

CALORIES



444 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 3 lb brisket fresh (not corned beef)
- 1 oz onion soup mix (from 2-oz box)
- 10.5 oz beef broth canned
- 8 sandwich rolls mini

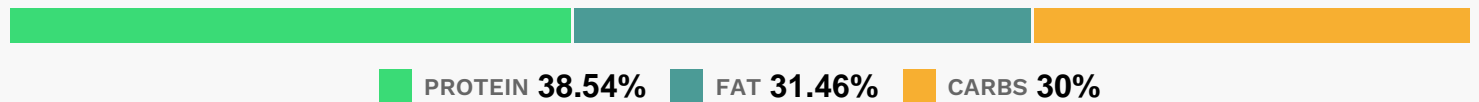
Equipment

- bowl
- slow cooker
- cutting board

Directions

- Spray 3- to 4-quart slow cooker with cooking spray.
- Place beef in cooker. In small bowl, mix dry soup mix and broth; pour over beef.
- Cover; cook on Low heat setting 8 to 10 hours.
- Skim fat from liquid in cooker.
- Remove beef from cooker; place on cutting board.
- Cut beef across grain into thin slices or shred beef.
- To serve, cut each baguette in half horizontally. Fill baguettes with beef; cut crosswise in half.
- Serve with broth for dipping. Beef mixture will hold on Low heat setting up to 2 hours; stir occasionally.

Nutrition Facts



Properties

Glycemic Index:0, Glycemic Load:0, Inflammation Score:-4, Nutrition Score:22.478695503153%

Nutrients (% of daily need)

Calories: 443.65kcal (22.18%), Fat: 15.08g (23.2%), Saturated Fat: 4.8g (29.97%), Carbohydrates: 32.36g (10.79%), Net Carbohydrates: 30.81g (11.21%), Sugar: 1.17g (1.3%), Cholesterol: 105.46mg (35.15%), Sodium: 867.47mg (37.72%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 41.58g (83.15%), Selenium: 50.62µg (72.32%), Vitamin B12: 4.16µg (69.32%), Zinc: 7.91mg (52.71%), Vitamin B3: 9.46mg (47.31%), Phosphorus: 411.21mg (41.12%), Vitamin B6: 0.76mg (37.94%), Vitamin B1: 0.45mg (30.21%), Vitamin B2: 0.5mg (29.31%), Iron: 5.24mg (29.13%), Potassium: 668.52mg (19.1%), Folate: 66.8µg (16.7%), Manganese: 0.31mg (15.67%), Magnesium: 57.38mg (14.35%), Copper: 0.24mg (12.07%), Vitamin B5: 0.87mg (8.67%), Calcium: 69.95mg (7%), Fiber: 1.54g (6.18%), Vitamin E: 0.79mg (5.26%), Vitamin K: 2.6µg (2.48%)