



Slow-Cooker French Dip Sandwiches

 Dairy Free

READY IN



425 min.

SERVINGS



10

CALORIES



497 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 3 lb beef chuck boneless
- ☐ 1.5 cups water
- ☐ 0.3 cup soya sauce
- ☐ 1 teaspoon rosemary dried
- ☐ 1 teaspoon thyme leaves dried
- ☐ 1 clove garlic finely chopped
- ☐ 1 bay leaves dried
- ☐ 3 peppercorns

☐ 2 lb bread french

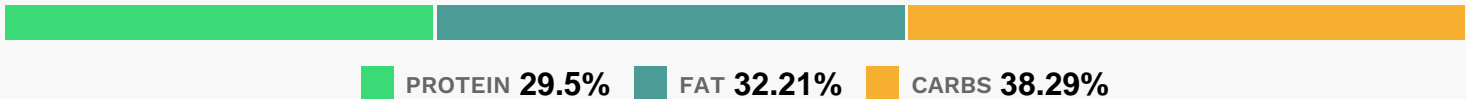
Equipment

- ☐ bowl
- ☐ slow cooker
- ☐ cutting board

Directions

- ☐ If beef roast comes in netting or is tied, do not remove. In 3 1/2- to 4-quart slow cooker, place beef. In small bowl, mix remaining ingredients except bread; pour over beef.
- ☐ Cover; cook on Low heat setting 7 to 8 hours.
- ☐ Skim fat from surface of juices in cooker; discard bay leaf and peppercorns.
- ☐ Remove beef from cooker; place on cutting board.
- ☐ Remove netting or strings from beef.
- ☐ Cut beef into thin slices.
- ☐ Cut each loaf of bread into 5 pieces, about 4 inches long; cut horizontally in half. Fill bread with beef.
- ☐ Serve with broth for dipping.

Nutrition Facts



Properties

Glycemic Index:27.25, Glycemic Load:36.39, Inflammation Score:-6, Nutrition Score:25.693912785986%

Flavonoids

Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 497.12kcal (24.86%), Fat: 17.83g (27.44%), Saturated Fat: 7.34g (45.9%), Carbohydrates: 47.69g (15.9%), Net Carbohydrates: 45.59g (16.58%), Sugar: 4.33g (4.81%), Cholesterol: 93.89mg (31.3%), Sodium: 1090.19mg (47.4%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 36.74g (73.49%), Selenium: 54.08µg (77.26%), Zinc:

11.22mg (74.81%), Vitamin B12: 3.71µg (61.92%), Vitamin B3: 10.57mg (52.84%), Vitamin B1: 0.74mg (49.28%), Iron: 6.61mg (36.73%), Phosphorus: 363.23mg (36.32%), Vitamin B2: 0.6mg (35.17%), Vitamin B6: 0.64mg (31.93%), Folate: 117.21µg (29.3%), Manganese: 0.54mg (27.04%), Potassium: 577.28mg (16.49%), Magnesium: 58.81mg (14.7%), Copper: 0.24mg (11.98%), Vitamin B5: 1.17mg (11.71%), Fiber: 2.11g (8.43%), Calcium: 74.62mg (7.46%), Vitamin E: 0.45mg (3%), Vitamin K: 2.73µg (2.6%)