



Slow-Cooker Hot Beef Sandwiches Au Jus

 Dairy Free

READY IN



615 min.

SERVINGS



16

CALORIES



352 kcal

SAUCE

Ingredients

- 4 lb top round beef roast
- 1 oz onion soup mix dry
- 2 teaspoons sugar
- 1 teaspoon oregano dried
- 21 oz beef broth canned
- 12 oz beer canned
- 2 garlic clove minced
- 16 portugese rolls split

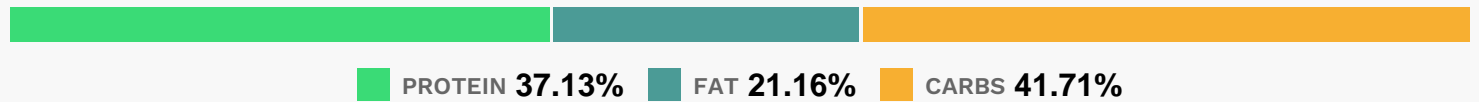
Equipment

- bowl
- knife
- slow cooker
- cutting board

Directions

- Place beef roast in 3 1/2 to 4-quart slow cooker. In medium bowl, combine all remaining ingredients except buns; mix well.
- Pour over roast.
- Cover; cook on low setting for 8 to 10 hours.
- Remove beef from slow cooker; place on cutting board or large plate. Slice beef with knife or shred with 2 forks; place in buns. If desired, skim fat from juices in slow cooker.
- Serve sandwiches with individual portions of juices for dipping.

Nutrition Facts



Properties

Glycemic Index:13.66, Glycemic Load:23.65, Inflammation Score:-3, Nutrition Score:15.686521676086%

Flavonoids

Catechin: 0.08mg, Catechin: 0.08mg, Catechin: 0.08mg, Catechin: 0.08mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg

Nutrients (% of daily need)

Calories: 351.75kcal (17.59%), Fat: 7.92g (12.19%), Saturated Fat: 1.97g (12.32%), Carbohydrates: 35.15g (11.72%), Net Carbohydrates: 33.91g (12.33%), Sugar: 4.92g (5.47%), Cholesterol: 70.31mg (23.44%), Sodium: 637.69mg (27.73%), Alcohol: 0.83g (100%), Alcohol %: 0.43% (100%), Protein: 31.28g (62.57%), Iron: 13.13mg (72.93%), Selenium: 31.95µg (45.64%), Vitamin B3: 8.1mg (40.48%), Vitamin B6: 0.77mg (38.51%), Vitamin B12: 2.13µg (35.47%), Zinc: 4.75mg

(31.65%), Phosphorus: 256.12mg (25.61%), Potassium: 428.38mg (12.24%), Vitamin B2: 0.2mg (11.8%), Magnesium: 30.73mg (7.68%), Vitamin B1: 0.11mg (7.55%), Copper: 0.12mg (6.02%), Vitamin B5: 0.53mg (5.29%), Fiber: 1.24g (4.97%), Folate: 17.07µg (4.27%), Calcium: 36.23mg (3.62%), Vitamin E: 0.37mg (2.44%), Manganese: 0.05mg (2.28%), Vitamin K: 2.17µg (2.07%)