



Slow-Cooker Hot Beef Sandwiches Au Jus

 Dairy Free

READY IN



615 min.

SERVINGS



16

CALORIES



223 kcal

SAUCE

Ingredients

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

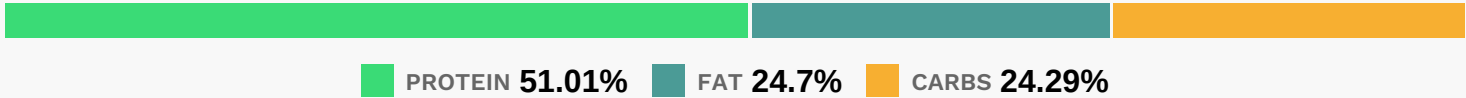
Equipment

- ☐ 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:10.79, Glycemic Load:2.96, Inflammation Score:-6, Nutrition Score:15.617391289576%

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 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: 5.51mg, Isorhamnetin: 5.51mg, Isorhamnetin: 5.51mg Kaempferol: 0.89mg, Kaempferol: 0.89mg, Kaempferol: 0.89mg, Kaempferol: 0.89mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 22.34mg, Quercetin: 22.34mg, Quercetin: 22.34mg, Quercetin: 22.34mg Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg

Nutrients (% of daily need)

Calories: 222.51kcal (11.13%), Fat: 5.83g (8.97%), Saturated Fat: 2.02g (12.61%), Carbohydrates: 12.9g (4.3%), Net Carbohydrates: 10.86g (3.95%), Sugar: 5.25g (5.84%), Cholesterol: 70.31mg (23.44%), Sodium: 349.57mg (15.2%),

Alcohol: 0.83g (100%), Alcohol %: 0.37% (100%), Protein: 27.1g (54.19%), Selenium: 32.5µg (46.43%), Vitamin B6: 0.9mg (45.11%), Vitamin B3: 8.22mg (41.12%), Vitamin B12: 2.13µg (35.47%), Zinc: 4.93mg (32.89%), Phosphorus: 288.02mg (28.8%), Potassium: 588.98mg (16.83%), Iron: 2.71mg (15.05%), Vitamin B2: 0.23mg (13.55%), Vitamin B1: 0.16mg (10.92%), Magnesium: 41.73mg (10.43%), Vitamin C: 8.32mg (10.08%), Folate: 37.97µg (9.49%), Manganese: 0.19mg (9.38%), Fiber: 2.05g (8.19%), Copper: 0.16mg (8.16%), Vitamin B5: 0.66mg (6.64%), Calcium: 55.14mg (5.51%), Vitamin E: 0.39mg (2.58%), Vitamin K: 2.61µg (2.48%)