



Slow-Cooker Hot Roast Beef Sandwiches au Jus

 Dairy Free

READY IN



500 min.

SERVINGS



10

CALORIES



254 kcal

SAUCE

Ingredients

- 1 pound top round beef roast trimmed of fat
- 6 cloves garlic peeled
- 2 teaspoons pepper
- 1 large onion thinly sliced
- 0.5 cup beef broth (from)
- 10 portugese rolls split toasted
- 2 large tomatoes cut into 5 slices

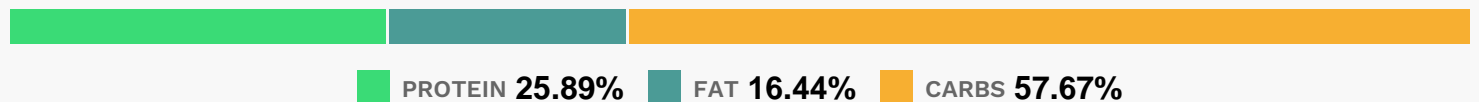
Equipment

- knife
- slow cooker
- cutting board

Directions

- Make 6 evenly spaced deep slits in beef roast, using sharp knife. Insert garlic clove into each slit.
- Sprinkle pepper evenly over entire roast; rub pepper into roast.
- Spray inside of 3- to 4-quart slow cooker with cooking spray.
- Place onion slices in cooker; pour broth over onion.
- Add beef.
- Cover and cook on low heat setting 6 to 8 hours.
- Remove beef from cooker; place on cutting board.
- Cut beef across grain into thin slices. Return beef to cooker to moisten. To serve, fill each toasted roll with beef, onion and 1 tomato slice. Spoon small amount of broth from cooker over beef if desired.

Nutrition Facts



Properties

Glycemic Index:20, Glycemic Load:23.86, Inflammation Score:-4, Nutrition Score:9.9773913155431%

Flavonoids

Naringenin: 0.25mg, Naringenin: 0.25mg, Naringenin: 0.25mg, Naringenin: 0.25mg Isorhamnetin: 0.75mg, Isorhamnetin: 0.75mg, Isorhamnetin: 0.75mg, Isorhamnetin: 0.75mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 3.29mg, Quercetin: 3.29mg, Quercetin: 3.29mg, Quercetin: 3.29mg

Nutrients (% of daily need)

Calories: 253.82kcal (12.69%), Fat: 4.59g (7.06%), Saturated Fat: 0.81g (5.05%), Carbohydrates: 36.19g (12.06%), Net Carbohydrates: 34.3g (12.47%), Sugar: 5.94g (6.61%), Cholesterol: 28.12mg (9.37%), Sodium: 365.37mg (15.89%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 16.25g (32.51%), Iron: 11.8mg (65.58%), Selenium: 13µg (18.57%), Vitamin B6: 0.37mg (18.4%), Vitamin B3: 3.41mg (17.05%), Vitamin B12: 0.85µg (14.13%), Zinc: 2mg (13.33%), Phosphorus: 115.55mg (11.56%), Vitamin C: 6.66mg (8.07%), Potassium: 281.86mg (8.05%), Fiber: 1.9g (7.58%), Manganese: 0.15mg (7.48%), Vitamin A: 305.86IU (6.12%), Vitamin B2: 0.09mg (5.22%), Vitamin B1: 0.07mg (4.45%), Magnesium: 17.76mg (4.44%), Copper: 0.08mg (4.12%), Vitamin K: 4.17µg (3.97%), Folate: 14.57µg (3.64%), Calcium: 27.85mg (2.78%), Vitamin B5: 0.27mg (2.67%), Vitamin E: 0.34mg (2.27%)