



WHATSheATE



Slow-Cooker Hot Roast Beef Sandwiches Au Jus

 Dairy Free

READY IN



500 min.

SERVINGS



10

CALORIES



349 kcal

SAUCE

Ingredients

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

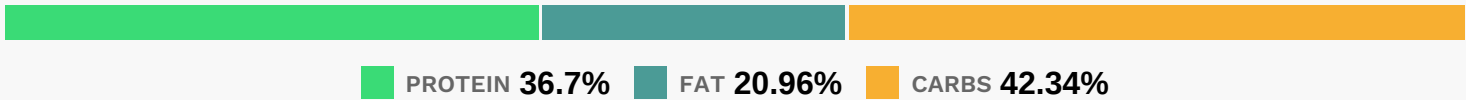
Equipment

- ☐ knife
- ☐ slow cooker
- ☐ cutting board

Directions

- ☐ With sharp knife, make 6 evenly spaced slits deep into beef roast. Insert garlic into slits.
- ☐ Sprinkle pepper evenly over entire roast; rub pepper into roast.
- ☐ Spray 3- to 4-quart slow cooker with cooking spray.
- ☐ Place onion slices in slow cooker; pour broth over onion.
- ☐ Place roast over onion and broth.
- ☐ Cover; cook on Low setting 6 to 8 hours.
- ☐ Remove roast from slow cooker; place on cutting board.
- ☐ Cut roast across grain into thin slices; return slices to slow cooker to moisten. Fill each toasted roll with beef, onion and 1 tomato slice. If desired, spoon small amount of broth from slow cooker over beef.

Nutrition Facts



Properties

Glycemic Index:20, Glycemic Load:23.86, Inflammation Score:-4, Nutrition Score:17.286521776863%

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: 349.08kcal (17.45%), Fat: 7.96g (12.25%), Saturated Fat: 1.96g (12.27%), Carbohydrates: 36.19g (12.06%), Net Carbohydrates: 34.3g (12.47%), Sugar: 5.94g (6.61%), Cholesterol: 70.31mg (23.44%), Sodium: 403.47mg

(17.54%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 31.37g (62.74%), Iron: 13.21mg (73.36%), Selenium: 31.85µg (45.49%), Vitamin B6: 0.81mg (40.61%), Vitamin B3: 8.01mg (40.03%), Vitamin B12: 2.11µg (35.1%), Zinc: 4.83mg (32.2%), Phosphorus: 261.84mg (26.18%), Potassium: 513.87mg (14.68%), Vitamin B2: 0.2mg (11.62%), Vitamin B1: 0.13mg (8.67%), Magnesium: 34.09mg (8.52%), Vitamin C: 6.66mg (8.07%), Manganese: 0.16mg (7.95%), Fiber: 1.9g (7.58%), Copper: 0.15mg (7.46%), Vitamin A: 305.86IU (6.12%), Folate: 23.41µg (5.85%), Vitamin B5: 0.56mg (5.64%), Vitamin K: 4.98µg (4.74%), Calcium: 40.78mg (4.08%), Vitamin E: 0.55mg (3.64%)