



Slow Cooker Italian Beef



Gluten Free



Dairy Free



Low Fod Map

READY IN



65 min.

SERVINGS



6

CALORIES



123 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 10.5 ounce beef broth canned
- ☐ 16 ounce pepperoncini sliced
- ☐ 0.7 ounce salad dressing mix dry italian-style
- ☐ 1 pound pan drippings from roast beef preferably thinly sliced

Equipment

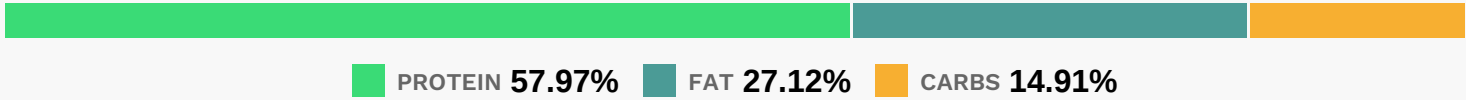
- ☐ slow cooker

Directions

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Combine roast beef, dry dressing mix, pepperoncini and beef broth in a slow cooker. Cook over medium-high heat until hot, about 1 hour

Nutrition Facts



Properties

Glycemic Index:0, Glycemic Load:0, Inflammation Score:-6, Nutrition Score:15.240869480631%

Nutrients (% of daily need)

Calories: 122.54kcal (6.13%), Fat: 3.79g (5.84%), Saturated Fat: 1.1g (6.85%), Carbohydrates: 4.69g (1.56%), Net Carbohydrates: 2.12g (0.77%), Sugar: 1.83g (2.03%), Cholesterol: 43.09mg (14.36%), Sodium: 1364.99mg (59.35%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 18.24g (36.48%), Vitamin C: 96.55mg (117.03%), Vitamin B3: 6.95mg (34.73%), Vitamin B6: 0.58mg (28.97%), Calcium: 225.67mg (22.57%), Vitamin B12: 1.32µg (22%), Zinc: 2.92mg (19.47%), Phosphorus: 177.04mg (17.7%), Potassium: 434.78mg (12.42%), Iron: 2.03mg (11.27%), Fiber: 2.57g (10.28%), Vitamin K: 9.03µg (8.6%), Vitamin B2: 0.14mg (8.48%), Selenium: 5.71µg (8.15%), Magnesium: 29.89mg (7.47%), Folate: 29.8µg (7.45%), Vitamin B1: 0.1mg (6.46%), Copper: 0.12mg (6.23%), Vitamin A: 258.23IU (5.16%), Manganese: 0.1mg (4.8%), Vitamin B5: 0.44mg (4.37%), Vitamin E: 0.59mg (3.96%)