



Slow Cooker Italian Beef for Sandwiches

 **Gluten Free**  **Dairy Free**

READY IN



735 min.

SERVINGS



10

CALORIES



325 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 bay leaf
- 1 teaspoon basil dried
- 1 teaspoon parsley dried
- 1 teaspoon garlic powder
- 1 teaspoon ground pepper black
- 1 teaspoon onion salt
- 1 teaspoon oregano dried
- 0.7 ounce salad dressing mix dry italian-style

- 5 pound top round beef roast
- 1 teaspoon salt
- 3 cups water

Equipment

- sauce pan
- slow cooker

Directions

- Combine water with salt, ground black pepper, oregano, basil, onion salt, parsley, garlic powder, bay leaf, and salad dressing mix in a saucepan. Stir well, and bring to a boil.
- Place roast in slow cooker, and pour salad dressing mixture over the meat.
- Cover, and cook on Low for 10 to 12 hours, or on High for 4 to 5 hours. When done, remove bay leaf, and shred meat with a fork.

Nutrition Facts

PROTEIN 65.1% **FAT 33.89%** **CARBS 1.01%**

Properties

Glycemic Index:4.2, Glycemic Load:0.04, Inflammation Score:-4, Nutrition Score:25.008260871729%

Flavonoids

Apigenin: 0.45mg, Apigenin: 0.45mg, Apigenin: 0.45mg, Apigenin: 0.45mg Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg

Nutrients (% of daily need)

Calories: 324.6kcal (16.23%), Fat: 11.69g (17.99%), Saturated Fat: 3.92g (24.51%), Carbohydrates: 0.78g (0.26%), Net Carbohydrates: 0.58g (0.21%), Sugar: 0.23g (0.26%), Cholesterol: 140.61mg (46.87%), Sodium: 615.75mg (26.77%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 50.52g (101.03%), Selenium: 62.96µg (89.94%), Vitamin B3: 15.35mg (76.74%), Vitamin B6: 1.49mg (74.57%), Vitamin B12: 4.2µg (69.93%), Zinc: 9.47mg (63.13%), Phosphorus: 490.09mg (49.01%), Iron: 4.89mg (27.15%), Potassium: 786.85mg (22.48%), Vitamin B2: 0.37mg (21.54%), Magnesium: 57.13mg (14.28%), Vitamin B1: 0.21mg (14.22%), Copper: 0.24mg (12.1%), Vitamin B5: 1mg (9.97%), Folate: 30.48µg (7.62%), Vitamin K: 7.26µg (6.91%), Calcium: 52.52mg (5.25%), Vitamin E: 0.78mg (5.17%), Manganese: 0.08mg (4.18%)