



HEALTH SCORE

62%

Slow Cooker Italian Beef Sandwiches



Gluten Free



Dairy Free



Very Healthy

READY IN



490 min.

SERVINGS



12

CALORIES



324 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 3 bay leaves
- ☐ 2 tablespoons basil dried
- ☐ 1 tablespoon garlic powder
- ☐ 0.3 teaspoon ground pepper black to taste
- ☐ 1 tablespoon oregano dried
- ☐ 1 tablespoon parsley flakes
- ☐ 1.5 teaspoons pepper flakes red
- ☐ 6 pound top round beef roast

- ☐ 1 tablespoon salt
- ☐ 3 cups water

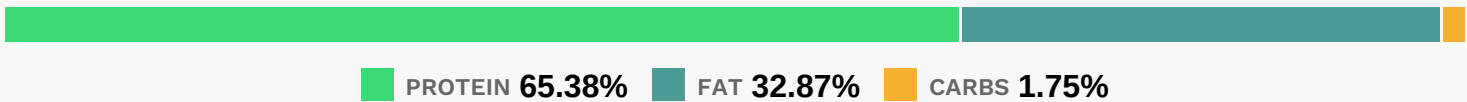
Equipment

- ☐ slow cooker

Directions

- ☐ Combine roast, water, basil, oregano, salt, garlic powder, parsley flakes, bay leaves, red pepper flakes, and black pepper together in a slow cooker.
- ☐ Cook in the slow cooker set to Low for 8 to 10 hours.
- ☐ Remove bay leaves and shred meat using two forks.

Nutrition Facts



Properties

Glycemic Index:3.5, Glycemic Load:0.03, Inflammation Score:-6, Nutrition Score:26.434782398784%

Flavonoids

Apigenin: 7.51mg, Apigenin: 7.51mg, Apigenin: 7.51mg, Apigenin: 7.51mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 0.55mg, Isorhamnetin: 0.55mg, Isorhamnetin: 0.55mg, Isorhamnetin: 0.55mg

Nutrients (% of daily need)

Calories: 323.79kcal (16.19%), Fat: 11.35g (17.46%), Saturated Fat: 3.89g (24.28%), Carbohydrates: 1.35g (0.45%), Net Carbohydrates: 0.71g (0.26%), Sugar: 0.08g (0.08%), Cholesterol: 140.61mg (46.87%), Sodium: 717.21mg (31.18%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 50.78g (101.56%), Selenium: 63.1µg (90.14%), Vitamin B3: 15.43mg (77.14%), Vitamin B6: 1.51mg (75.63%), Vitamin B12: 4.2µg (69.93%), Zinc: 9.54mg (63.61%), Phosphorus: 494.41mg (49.44%), Iron: 5.56mg (30.9%), Potassium: 814.45mg (23.27%), Vitamin B2: 0.38mg (22.38%), Vitamin K: 19.37µg (18.44%), Magnesium: 62.58mg (15.65%), Vitamin B1: 0.22mg (14.41%), Copper: 0.26mg (12.85%), Vitamin B5: 1.01mg (10.08%), Folate: 33.28µg (8.32%), Manganese: 0.16mg (7.78%), Calcium: 70.52mg (7.05%), Vitamin E: 0.94mg (6.29%), Fiber: 0.64g (2.56%), Vitamin A: 91.25IU (1.83%)