



Slow Cooker Italian Moose Roast Sandwiches

 Dairy Free

READY IN



615 min.

SERVINGS



12

CALORIES



172 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 10 cubes beef bouillon from cube
- ☐ 4 pound moose roast
- ☐ 10 cloves garlic
- ☐ 0.7 ounce salad dressing mix dry italian
- ☐ 16 ounce pepperoncini peppers with liquid sliced
- ☐ 6 inch hard-crusted rolls french
- ☐ 2 tablespoons worcestershire sauce

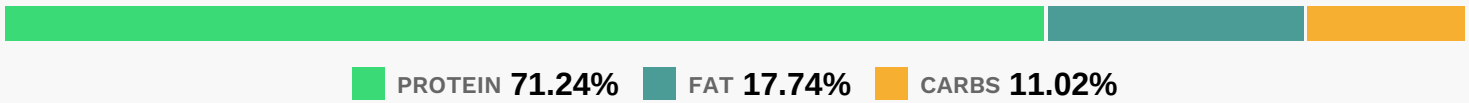
Equipment

☐ slow cooker

Directions

- ☐ Cut 20 small, deep slits all over the roast; stuff the slits with garlic and bouillon cubes, and place into a slow cooker.
- ☐ Drain half of the liquid from the peppers, then pour the remaining peppers and liquid over the roast. Season with Worcestershire sauce, and sprinkle the Italian dressing mix overtop.
- ☐ Cook on Low for 10 to 12 hours until the meat can easily be pulled apart. Shred the meat finely, and serve mounded on French rolls; dip into juices if desired.

Nutrition Facts



Properties

Glycemic Index:8.58, Glycemic Load:0.64, Inflammation Score:-4, Nutrition Score:20.359130325525%

Flavonoids

Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 171.55kcal (8.58%), Fat: 3.4g (5.24%), Saturated Fat: 1.28g (7.97%), Carbohydrates: 4.76g (1.59%), Net Carbohydrates: 3.41g (1.24%), Sugar: 1.12g (1.25%), Cholesterol: 0mg (0%), Sodium: 298.06mg (12.96%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 30.77g (61.53%), Vitamin B6: 1.52mg (75.82%), Vitamin B3: 10.56mg (52.78%), Vitamin B12: 2.68µg (44.64%), Zinc: 6.42mg (42.79%), Vitamin C: 32.41mg (39.28%), Selenium: 24.4µg (34.85%), Phosphorus: 343.13mg (34.31%), Vitamin B2: 0.44mg (25.63%), Iron: 3.99mg (22.19%), Potassium: 686.15mg (19.6%), Vitamin B1: 0.28mg (18.54%), Copper: 0.27mg (13.32%), Magnesium: 43.77mg (10.94%), Vitamin B5: 1.07mg (10.68%), Fiber: 1.36g (5.43%), Manganese: 0.1mg (4.83%), Vitamin K: 3.66µg (3.49%), Folate: 11.33µg (2.83%), Vitamin A: 130.98IU (2.62%), Calcium: 19.21mg (1.92%), Vitamin E: 0.27mg (1.77%)