



Slow-Cooker Italian Shredded Beef Hoagies

READY IN



495 min.

SERVINGS



8

CALORIES



429 kcal

Ingredients

- ☐ 2 lb pan drippings from roast beef preferably boneless trimmed of fat
- ☐ 2 medium onion sliced
- ☐ 14.5 oz canned tomatoes diced undrained canned
- ☐ 0.3 cup tomato paste
- ☐ 8 portugese rolls toasted
- ☐ 8 oz mozzarella cheese shredded

Equipment

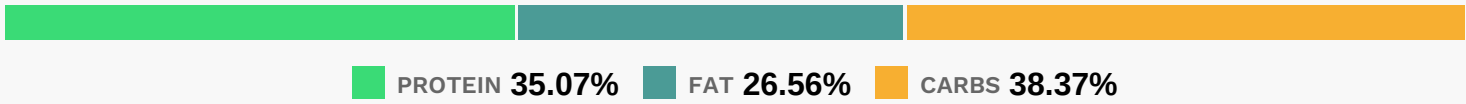
- ☐ bowl
- ☐ slow cooker

☐ cutting board

Directions

- ☐ If beef roast comes in netting or is tied, remove netting or strings. In 4- to 5-quart slow cooker, place onions.
- ☐ Place beef on onions. In small bowl, mix diced tomatoes and tomato paste; pour over beef.
- ☐ Cover; cook on Low heat setting 8 to 10 hours.
- ☐ Remove beef from cooker; place on cutting board. Use 2 forks to pull beef into shreds. Return beef to cooker. Spoon about 1/2 cup beef mixture onto each bun. Top each with 1/4 cup cheese.

Nutrition Facts



Properties

Glycemic Index:26.25, Glycemic Load:25.29, Inflammation Score:-6, Nutrition Score:22.790435200152%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 5.58mg, Quercetin: 5.58mg, Quercetin: 5.58mg, Quercetin: 5.58mg

Nutrients (% of daily need)

Calories: 428.52kcal (21.43%), Fat: 12.72g (19.56%), Saturated Fat: 5.13g (32.06%), Carbohydrates: 41.34g (13.78%), Net Carbohydrates: 38.5g (14%), Sugar: 9.05g (10.05%), Cholesterol: 87.03mg (29.01%), Sodium: 2310.52mg (100.46%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 37.79g (75.57%), Iron: 14.13mg (78.48%), Vitamin C: 59.58mg (72.22%), Calcium: 493.81mg (49.38%), Vitamin B3: 9.37mg (46.83%), Vitamin B12: 2.57µg (42.9%), Phosphorus: 350.43mg (35.04%), Zinc: 5.16mg (34.39%), Vitamin B6: 0.59mg (29.59%), Selenium: 13.3µg (19%), Potassium: 612.79mg (17.51%), Vitamin B2: 0.27mg (15.67%), Magnesium: 45.95mg (11.49%), Fiber: 2.84g (11.38%), Copper: 0.22mg (10.86%), Manganese: 0.18mg (9.21%), Vitamin A: 427.53IU (8.55%), Vitamin B1: 0.12mg (7.71%), Vitamin E: 1.05mg (7.02%), Folate: 25.19µg (6.3%), Vitamin B5: 0.57mg (5.68%), Vitamin K: 4.42µg (4.21%)