



Slow-Cooker Italian Shredded Beef Sandwiches

READY IN



500 min.

SERVINGS



8

CALORIES



544 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.3 cup balsamic vinaigrette dressing kraft
- 2 lb stewing beef boneless
- 14 oz canned tomatoes diced undrained canned
- 1 carrots finely chopped
- 1 stalk celery finely chopped
- 0.3 cup flour
- 4 cloves garlic minced
- 1 Tbsp penzey's southwest seasoning dried italian

- 1 onion finely chopped
- 0.3 cup parmesan cheese grated kraft
- 8 kaiser rolls
- 6 oz tomato paste canned

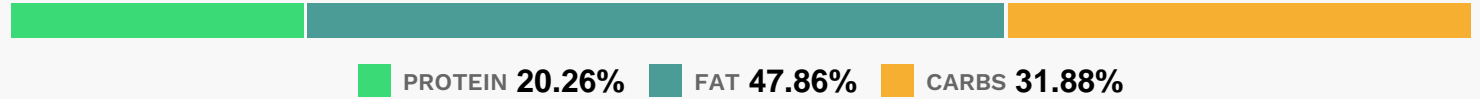
Equipment

- slow cooker

Directions

- Toss meat with flour until evenly coated; place in slow cooker.
- Add all remaining ingredients except dressing, rolls and cheese; cover with lid.
- Cook on LOW 8 to 10 hours (or on HIGH 4 to 6 hours).
- Add dressing to ingredients in slow cooker; stir. Shred meat with fork. Fill rolls with meat mixture; top with cheese.

Nutrition Facts



Properties

Glycemic Index:40.85, Glycemic Load:26.25, Inflammation Score:-8, Nutrition Score:18.377391312433%

Flavonoids

Apigenin: 0.15mg, Apigenin: 0.15mg, Apigenin: 0.15mg, Apigenin: 0.15mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 3.1mg, Quercetin: 3.1mg, Quercetin: 3.1mg, Quercetin: 3.1mg

Nutrients (% of daily need)

Calories: 544.14kcal (27.21%), Fat: 28.7g (44.15%), Saturated Fat: 9.48g (59.22%), Carbohydrates: 43g (14.33%), Net Carbohydrates: 40.11g (14.58%), Sugar: 7.76g (8.62%), Cholesterol: 83.23mg (27.74%), Sodium: 598.87mg (26.04%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 27.34g (54.68%), Iron: 14.12mg (78.45%), Vitamin B12: 2.47µg (41.15%), Zinc: 5.11mg (34.08%), Vitamin B3: 5.79mg (28.93%), Vitamin A: 1438.11IU (28.76%), Selenium: 19.94µg (28.49%), Vitamin B6: 0.51mg (25.67%), Phosphorus: 230.51mg (23.05%), Potassium: 543.04mg (15.52%), Vitamin

B2: 0.25mg (14.83%), Fiber: 2.89g (11.58%), Vitamin K: 11.11µg (10.58%), Vitamin C: 8.67mg (10.51%), Manganese: 0.21mg (10.39%), Calcium: 98.73mg (9.87%), Vitamin B1: 0.14mg (9%), Magnesium: 35.84mg (8.96%), Vitamin E: 1.27mg (8.45%), Copper: 0.17mg (8.41%), Vitamin B5: 0.78mg (7.79%), Folate: 29.39µg (7.35%)