



Slow-Cooker Mushroom and Onion Pot Roast Sandwiches

 Dairy Free

READY IN



485 min.

SERVINGS



12

CALORIES



360 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 3 medium onion sliced
- 9 ounces mushrooms drained sliced
- 3 pound top round beef roast boneless
- 1.8 cups beef broth flavored (from 32-ounce carton)
- 1 envelope onion soup mix (from 1.8-ounce package)
- 12 portugese rolls split french

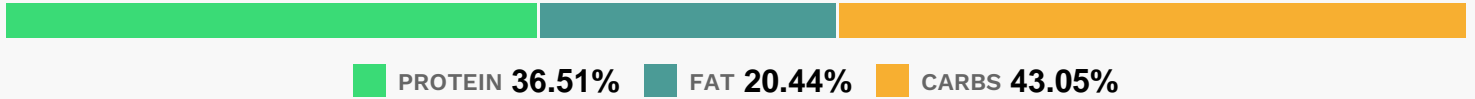
Equipment

- bowl
- slotted spoon
- slow cooker
- cutting board

Directions

- Place onions and mushrooms in 3 1/2- to 4-quart slow cooker. Top with beef roast.
- Pour broth over beef.
- Sprinkle soup mix (dry) over beef.
- Cover and cook on low heat setting 8 to 10 hours.
- Remove beef from cooker; place on cutting board.
- Cut beef into 1/4-inch slices. To serve, fill rolls with beef.
- Remove onions and mushrooms from cooker, using slotted spoon, and place on beef.
- Serve juices in cooker in small individual bowls for dipping if desired.

Nutrition Facts



Properties

Glycemic Index:11, Glycemic Load:23.68, Inflammation Score:-3, Nutrition Score:17.510869567323%

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

Nutrients (% of daily need)

Calories: 359.89kcal (17.99%), Fat: 8.01g (12.33%), Saturated Fat: 1.99g (12.44%), Carbohydrates: 37.96g (12.65%), Net Carbohydrates: 36g (13.09%), Sugar: 6.07g (6.75%), Cholesterol: 70.31mg (23.44%), Sodium: 756.09mg (32.87%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 32.2g (64.4%), Iron: 13.25mg (73.62%), Selenium: 33.94µg (48.48%), Vitamin B3: 8.78mg (43.92%), Vitamin B6: 0.82mg (40.93%), Vitamin B12: 2.13µg (35.51%), Zinc: 4.91mg (32.75%), Phosphorus: 281.65mg (28.16%), Vitamin B2: 0.29mg (17.11%), Potassium: 537.38mg (15.35%),

Copper: 0.2mg (10.06%), Vitamin B1: 0.15mg (9.69%), Vitamin B5: 0.88mg (8.82%), Magnesium: 34.58mg (8.64%),
Fiber: 1.97g (7.86%), Folate: 24.28µg (6.07%), Manganese: 0.09mg (4.35%), Calcium: 41.77mg (4.18%), Vitamin C:
2.59mg (3.15%), Vitamin E: 0.35mg (2.35%), Vitamin K: 1.52µg (1.45%)