



Slow-Cooker Root Beer Barbecue Beef Sandwiches

 Dairy Free

READY IN



630 min.

SERVINGS



16

CALORIES



393 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 cups barbecue sauce
- 4 lb top round beef roast boneless
- 1 cup root beer
- 1 Dash salt and pepper
- 16 sandwich rolls split

Equipment

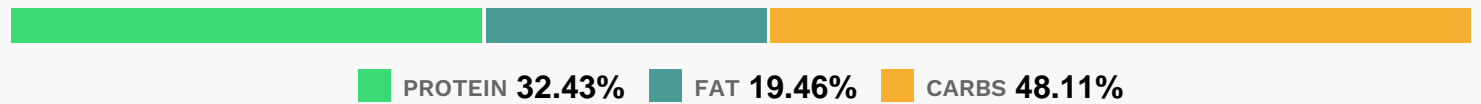
- bowl

- frying pan
- measuring cup
- slow cooker

Directions

- In 3 1/2- to 4-quart slow cooker, place beef. In 4-cup measuring cup or bowl, mix 1 1/2 cups of the barbecue sauce and the root beer; pour over beef.
- Cover; cook on Low heat setting 10 to 12 hours.
- About 20 minutes before serving, remove beef from slow cooker; place on large plate.
- Pour juices from slow cooker into 12-inch skillet. Cook over medium-high heat about 15 minutes, stirring occasionally, until juices are thickened and reduced to about 3 cups. Meanwhile, shred beef with 2 forks; return to slow cooker.
- Stir remaining 1/2 cup barbecue sauce into reduced juices in skillet; pour over shredded beef in slow cooker. Stir in salt and pepper to taste. Spoon about 1/2 cup beef mixture into each bun.

Nutrition Facts



Properties

Glycemic Index:0, Glycemic Load:0, Inflammation Score:-4, Nutrition Score:19.492173936056%

Nutrients (% of daily need)

Calories: 393.3kcal (19.67%), Fat: 8.3g (12.77%), Saturated Fat: 2.29g (14.3%), Carbohydrates: 46.19g (15.4%), Net Carbohydrates: 44.56g (16.2%), Sugar: 14.44g (16.05%), Cholesterol: 70.31mg (23.44%), Sodium: 746.15mg (32.44%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 31.13g (62.27%), Selenium: 54.18µg (77.4%), Vitamin B3: 10.29mg (51.46%), Vitamin B6: 0.79mg (39.36%), Zinc: 5.32mg (35.5%), Vitamin B12: 2.1µg (34.96%), Phosphorus: 307.96mg (30.8%), Vitamin B1: 0.39mg (25.74%), Iron: 4.44mg (24.68%), Vitamin B2: 0.39mg (23.12%), Folate: 69.61µg (17.4%), Manganese: 0.32mg (16.25%), Potassium: 531.34mg (15.18%), Magnesium: 47.4mg (11.85%), Copper: 0.23mg (11.54%), Calcium: 88.23mg (8.82%), Vitamin B5: 0.79mg (7.87%), Fiber: 1.63g (6.53%), Vitamin E: 0.87mg (5.77%), Vitamin K: 2.35µg (2.23%), Vitamin A: 80.08IU (1.6%)