



Slow-Cooker Shredded Beef Buns

 Dairy Free

READY IN



490 min.

SERVINGS



10

CALORIES



128 kcal

Ingredients

- 0.5 cup original barbecue sauce kraft
- 1 lb beef flank steak
- 1 cup mushrooms fresh sliced
- 2 tsp penzey's southwest seasoning dried italian
- 1 small onion sliced
- 2 sandwich buns split
- 1 tomatoes chopped

Equipment

- slow cooker

Directions

- Place steak in slow cooker; top with next 3 ingredients.
- Pour combined barbecue sauce and seasoning over ingredients in slow cooker. Cover with lid.
- Cook on LOW 8 to 10 hours (or on HIGH 5 hours).
- Remove steak from slow cooker; shred with fork. (Or, cut across the grain into thin strips.)
Return meat to slow cooker; stir to coat with sauce.
- Top each bun half with meat mixture.

Nutrition Facts

PROTEIN 36.33% **FAT 20.84%** **CARBS 42.83%**

Properties

Glycemic Index:10.2, Glycemic Load:0.34, Inflammation Score:-3, Nutrition Score:7.4834782714429%

Flavonoids

Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg Isorhamnetin: 0.35mg, Isorhamnetin: 0.35mg, Isorhamnetin: 0.35mg, Isorhamnetin: 0.35mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 1.49mg, Quercetin: 1.49mg, Quercetin: 1.49mg, Quercetin: 1.49mg

Nutrients (% of daily need)

Calories: 128.22kcal (6.41%), Fat: 2.93g (4.5%), Saturated Fat: 1.03g (6.46%), Carbohydrates: 13.54g (4.51%), Net Carbohydrates: 12.63g (4.59%), Sugar: 5.77g (6.42%), Cholesterol: 27.22mg (9.07%), Sodium: 234.81mg (10.21%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 11.48g (22.96%), Selenium: 18.97µg (27.1%), Vitamin B3: 3.84mg (19.19%), Vitamin B6: 0.32mg (16.06%), Zinc: 1.96mg (13.07%), Phosphorus: 119.66mg (11.97%), Vitamin B2: 0.14mg (8.42%), Potassium: 274.6mg (7.85%), Iron: 1.39mg (7.74%), Vitamin B1: 0.11mg (7.11%), Vitamin B12: 0.42µg (6.94%), Manganese: 0.12mg (6.05%), Folate: 22.67µg (5.67%), Copper: 0.1mg (5.24%), Vitamin B5: 0.52mg (5.23%), Magnesium: 18.81mg (4.7%), Vitamin K: 4.11µg (3.91%), Fiber: 0.91g (3.63%), Calcium: 33.95mg (3.4%), Vitamin C: 2.5mg (3.03%), Vitamin E: 0.43mg (2.86%), Vitamin A: 140.75IU (2.82%)