



## Slow-Cooker Smoky Barbecue Beef Sandwiches

 Dairy Free

READY IN



255 min.

SERVINGS



10

CALORIES



545 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 2.5 lb ground beef 80% lean (at least )
- 1.5 cups barbecue sauce
- 0.3 cup teriyaki sauce
- 1 tablespoon chipotles in adobo finely chopped (from 7-oz can)
- 1 teaspoon salt
- 10 portugese rolls split soft (6 to 7 inch)

### Equipment

- frying pan
- dutch oven
- slow cooker

## Directions

- In 12-inch nonstick skillet or Dutch oven, brown ground beef over medium heat 8 to 10 minutes or until thoroughly cooked, stirring frequently.
- Drain well.
- In 3 1/2- to 4-quart slow cooker, mix cooked ground beef and remaining ingredients except buns.
- Cover; cook on Low heat setting 4 to 6 hours.
- To serve, stir beef mixture. Spoon 1/2 cup beef mixture into each bun.

## Nutrition Facts



**PROTEIN 19.22%** **FAT 42.19%** **CARBS 38.59%**

## Properties

Glycemic Index:7.3, Glycemic Load:22.96, Inflammation Score:-1, Nutrition Score:13.638260921706%

## Nutrients (% of daily need)

Calories: 544.6kcal (27.23%), Fat: 25.15g (38.7%), Saturated Fat: 8.72g (54.5%), Carbohydrates: 51.77g (17.26%), Net Carbohydrates: 50.16g (18.24%), Sugar: 20.03g (22.25%), Cholesterol: 80.51mg (26.84%), Sodium: 1410.61mg (61.33%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 25.79g (51.58%), Iron: 13.33mg (74.03%), Vitamin B12: 2.43µg (40.45%), Zinc: 4.82mg (32.15%), Vitamin B3: 5.17mg (25.86%), Selenium: 17.67µg (25.25%), Vitamin B6: 0.41mg (20.4%), Phosphorus: 202.53mg (20.25%), Potassium: 427.35mg (12.21%), Vitamin B2: 0.2mg (11.68%), Magnesium: 30.72mg (7.68%), Vitamin B5: 0.66mg (6.59%), Fiber: 1.61g (6.44%), Copper: 0.11mg (5.49%), Vitamin E: 0.81mg (5.39%), Calcium: 43.5mg (4.35%), Vitamin B1: 0.06mg (4.1%), Manganese: 0.07mg (3.3%), Vitamin K: 2.81µg (2.68%), Folate: 9.56µg (2.39%), Vitamin A: 96.17IU (1.92%)