



## Slow-Cooker Tangy Barbecued Beef Sandwiches

 Dairy Free

READY IN



315 min.

SERVINGS



22

CALORIES



345 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 3.5 lb beef chuck boneless
- 1 cup onion chopped
- 4 cloves garlic finely chopped
- 0.5 cup brown sugar packed
- 2 teaspoons ground mustard
- 1 teaspoon chili powder
- 1 teaspoon paprika

- 0.3 cup vinegar
- 0.3 cup worcestershire sauce
- 3 tablespoons juice of lemon
- 1.8 cups catsup
- 22 sandwich rolls split

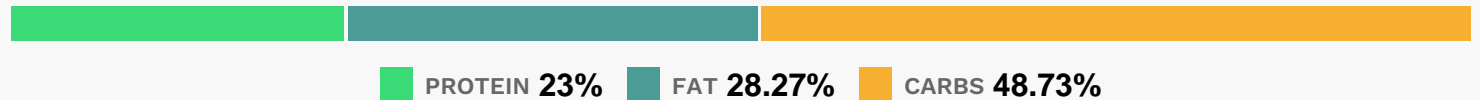
## Equipment

- slow cooker

## Directions

- In 3- to 4-quart slow cooker, mix all ingredients except buns.
- Cover; cook on Low heat setting 5 to 6 hours, stirring occasionally.
- Cut off top of each bun; pull some of bread out of each bun. Fill buns with beef mixture.

## Nutrition Facts



## Properties

Glycemic Index:5.55, Glycemic Load:0.2, Inflammation Score:-4, Nutrition Score:15.406956567712%

## Flavonoids

Eriodictyol: 0.1mg, Eriodictyol: 0.1mg, Eriodictyol: 0.1mg, Eriodictyol: 0.1mg Hesperetin: 0.3mg, Hesperetin: 0.3mg, Hesperetin: 0.3mg, Hesperetin: 0.3mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Isorhamnetin: 0.36mg, Isorhamnetin: 0.36mg, Isorhamnetin: 0.36mg, Isorhamnetin: 0.36mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 1.66mg, Quercetin: 1.66mg, Quercetin: 1.66mg, Quercetin: 1.66mg

## Nutrients (% of daily need)

Calories: 344.7kcal (17.23%), Fat: 10.86g (16.71%), Saturated Fat: 4g (24.99%), Carbohydrates: 42.12g (14.04%), Net Carbohydrates: 40.53g (14.74%), Sugar: 10.74g (11.93%), Cholesterol: 49.79mg (16.6%), Sodium: 599.31mg (26.06%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 19.88g (39.77%), Selenium: 37.9µg (54.15%), Zinc: 6.04mg (40.29%), Vitamin B12: 1.97µg (32.83%), Vitamin B3: 5.89mg (29.44%), Vitamin B1: 0.33mg (22.13%), Iron: 3.77mg (20.96%), Phosphorus: 206.38mg (20.64%), Vitamin B2: 0.34mg (19.92%), Vitamin B6: 0.35mg (17.48%), Manganese: 0.32mg (15.99%), Folate: 60.59µg (15.15%), Potassium: 414.94mg (11.86%), Magnesium: 34.57mg

(8.64%), Copper: 0.17mg (8.58%), Calcium: 81.9mg (8.19%), Vitamin B5: 0.71mg (7.12%), Fiber: 1.6g (6.38%), Vitamin E: 0.73mg (4.89%), Vitamin A: 182.71IU (3.65%), Vitamin C: 2.84mg (3.44%), Vitamin K: 2.26µg (2.15%)