



Slow-Cooker Tangy Italian Beef Sandwiches



Dairy Free

READY IN



730 min.

SERVINGS



12

CALORIES



367 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 3 lb sirloin beef tips boneless trimmed of fat
- ☐ 0.3 cup brown sugar packed
- ☐ 16 oz salad dressing italian
- ☐ 2 teaspoons seasoning italian
- ☐ 12 hawaiian rolls split

Equipment

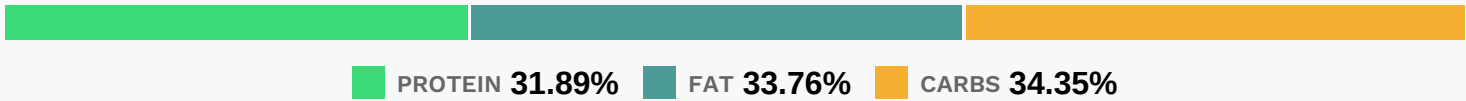
- ☐ slotted spoon
- ☐ slow cooker

☐ cutting board

Directions

- ☐ Spray inside of 3- to 4-quart slow cooker with cooking spray. If beef is tied, remove strings or netting.
- ☐ Place beef in cooker.
- ☐ Sprinkle with brown sugar.
- ☐ Pour dressing over beef.
- ☐ Cover and cook on Low heat setting 10 to 12 hours.
- ☐ Remove beef from cooker; place on cutting board. Shred beef, using 2 forks. Return beef to cooker; add Italian seasoning and mix well. Using slotted spoon to remove beef from cooker, fill each bun with about 1/3 cup beef.
- ☐ Serve with remaining juices.

Nutrition Facts



Properties

Glycemic Index:5.58, Glycemic Load:12.88, Inflammation Score:-3, Nutrition Score:17.870434802511%

Nutrients (% of daily need)

Calories: 367.33kcal (18.37%), Fat: 13.47g (20.72%), Saturated Fat: 2.78g (17.39%), Carbohydrates: 30.84g (10.28%), Net Carbohydrates: 29.93g (10.88%), Sugar: 11.67g (12.97%), Cholesterol: 62.37mg (20.79%), Sodium: 654.91mg (28.47%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 28.64g (57.27%), Selenium: 45.18µg (64.54%), Vitamin B3: 9.08mg (45.39%), Vitamin B6: 0.77mg (38.44%), Zinc: 5.03mg (33.56%), Phosphorus: 279.97mg (28%), Vitamin K: 26.55µg (25.29%), Vitamin B12: 1.5µg (25.06%), Vitamin B1: 0.34mg (22.76%), Iron: 3.75mg (20.82%), Vitamin B2: 0.28mg (16.69%), Manganese: 0.28mg (14.19%), Folate: 54.86µg (13.72%), Potassium: 476.66mg (13.62%), Calcium: 98.64mg (9.86%), Magnesium: 39.17mg (9.79%), Vitamin E: 1.31mg (8.74%), Copper: 0.17mg (8.42%), Vitamin B5: 0.72mg (7.21%), Fiber: 0.92g (3.66%)