

Ting-Town Barbeque Beef Sandwich

 Dairy Free

READY IN



460 min.

SERVINGS



16

CALORIES



391 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 cup barbeque sauce
- ☐ 4 pounds beef chuck boneless trimmed of fat
- ☐ 1 cup beer
- ☐ 2 tablespoons brown sugar packed
- ☐ 3 stalks celery sliced thin
- ☐ 1 teaspoon chili powder
- ☐ 2 tablespoons cider vinegar
- ☐ 4 cloves garlic minced

- ☐ 1 teaspoon ground pepper black
- ☐ 16 hamburger buns split
- ☐ 1 cup catsup
- ☐ 1 large onion coarsely chopped
- ☐ 1 teaspoon salt
- ☐ 2 tablespoons worcestershire sauce
- ☐ 1 tablespoon mustard yellow prepared

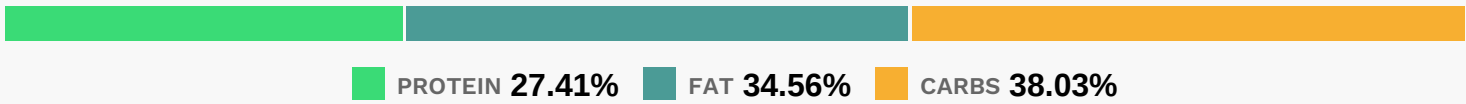
Equipment

- ☐ bowl
- ☐ slow cooker

Directions

- ☐ To make the sauce, combine the celery, onion, garlic, ketchup, barbeque sauce, mustard, beer, cider vinegar, Worcestershire sauce, brown sugar, chili powder, salt, and pepper in a bowl; stir until well blended.
- ☐ Place the chuck roast in a slow cooker.
- ☐ Pour the sauce evenly over the meat. Cover and cook the roast on HIGH for 3 hours. Reduce heat to LOW, and continue cooking until very tender, about 4 hours more.
- ☐ About 1/2 hour before serving, remove the chuck roast from the slow cooker and shred the meat with a large fork. Return the meat to the slow cooker, and cook uncovered so the sauce thickens, on LOW for 20 minutes.
- ☐ To serve, dip the flat sides of hamburger buns into the sauce and top with meat.

Nutrition Facts



Properties

Glycemic Index:18.47, Glycemic Load:13.41, Inflammation Score:-4, Nutrition Score:18.622174097144%

Flavonoids

Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Apigenin: 0.21mg, Apigenin: 0.21mg, Apigenin: 0.21mg, Apigenin: 0.21mg Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Isorhamnetin: 0.47mg, Isorhamnetin: 0.47mg, Isorhamnetin: 0.47mg, Isorhamnetin: 0.47mg Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 2.08mg, Quercetin: 2.08mg, Quercetin: 2.08mg, Quercetin: 2.08mg Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg

Nutrients (% of daily need)

Calories: 391.21kcal (19.56%), Fat: 14.91g (22.93%), Saturated Fat: 6.1g (38.15%), Carbohydrates: 36.9g (12.3%), Net Carbohydrates: 35.51g (12.91%), Sugar: 14.46g (16.07%), Cholesterol: 78.24mg (26.08%), Sodium: 817.4mg (35.54%), Alcohol: 0.58g (100%), Alcohol %: 0.32% (100%), Protein: 26.6g (53.19%), Zinc: 8.95mg (59.68%), Vitamin B12: 3.18µg (53.08%), Selenium: 36.05µg (51.5%), Vitamin B3: 7.18mg (35.88%), Phosphorus: 276.03mg (27.6%), Vitamin B6: 0.54mg (26.78%), Iron: 4.23mg (23.49%), Vitamin B1: 0.33mg (21.73%), Vitamin B2: 0.34mg (20.19%), Manganese: 0.35mg (17.4%), Potassium: 578.64mg (16.53%), Folate: 51.23µg (12.81%), Calcium: 101.75mg (10.17%), Magnesium: 39.9mg (9.98%), Copper: 0.16mg (7.99%), Vitamin B5: 0.78mg (7.81%), Vitamin K: 7.16µg (6.82%), Fiber: 1.39g (5.56%), Vitamin E: 0.77mg (5.13%), Vitamin A: 206.18IU (4.12%), Vitamin C: 2.72mg (3.3%)