



Zinfandel Beef and Blue Cheese Sandwiches

READY IN



435 min.

SERVINGS



10

CALORIES



460 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 3 lb beef chuck boneless
- 1 teaspoon salt
- 1 medium onion thinly sliced
- 1 teaspoon rosemary dried
- 1 teaspoon thyme leaves dried
- 1 clove garlic finely chopped
- 1 bay leaves dried
- 3 peppercorns
- 1 cup red wine dry red (such as Zinfandel)

- 0.8 cup beef broth
- 1 teaspoon worcestershire sauce
- 10 ciabatta rolls split soft toasted
- 1.3 cups cheese blue crumbled

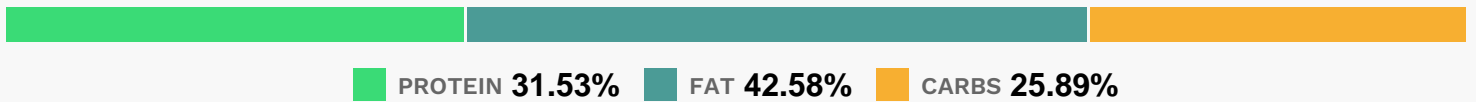
Equipment

- slow cooker
- cutting board

Directions

- Spray 3 1/2- to 4-quart slow cooker with cooking spray.
- Sprinkle beef with salt. In slow cooker, place beef (if roast comes in netting or is tied, do not remove) and onion.
- Mix remaining ingredients except rolls; pour over beef. Cover; cook on Low heat setting 7 to 8 hours.
- Skim fat from surface of juices; discard bay leaf and peppercorns.
- Remove beef and vegetables from slow cooker; place beef on cutting board (remove netting or strings).
- Cut beef into thin slices. Fill rolls with beef; top with onions and sprinkle with cheese.
- Serve with broth from cooker for dipping.

Nutrition Facts



Properties

Glycemic Index:24.6, Glycemic Load:0.47, Inflammation Score:-5, Nutrition Score:16.965217129044%

Flavonoids

Cyanidin: 0.05mg, Cyanidin: 0.05mg, Cyanidin: 0.05mg, Cyanidin: 0.05mg Petunidin: 0.48mg, Petunidin: 0.48mg, Petunidin: 0.48mg, Petunidin: 0.48mg Delphinidin: 0.48mg, Delphinidin: 0.48mg, Delphinidin: 0.48mg, Delphinidin: 0.48mg Malvidin: 3.32mg, Malvidin: 3.32mg, Malvidin: 3.32mg, Malvidin: 3.32mg Peonidin: 0.3mg, Peonidin: 0.3mg, Peonidin: 0.3mg, Peonidin: 0.3mg Catechin: 1.71mg, Catechin: 1.71mg, Catechin: 1.71mg, Catechin: 1.71mg

Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg
Epicatechin: 0.91mg, Epicatechin: 0.91mg, Epicatechin: 0.91mg, Epicatechin: 0.91mg Hesperetin: 0.15mg,
Hesperetin: 0.15mg, Hesperetin: 0.15mg Naringenin: 0.42mg, Naringenin: 0.42mg, Naringenin:
0.42mg, Naringenin: 0.42mg Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg Luteolin:
0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg Isorhamnetin: 0.56mg, Isorhamnetin: 0.56mg, Isorhamnetin:
0.56mg, Isorhamnetin: 0.56mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol:
0.09mg Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg Quercetin: 2.49mg, Quercetin:
2.49mg, Quercetin: 2.49mg, Quercetin: 2.49mg Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin:
0.02mg, Gallocatechin: 0.02mg

Nutrients (% of daily need)

Calories: 460.06kcal (23%), Fat: 20.92g (32.18%), Saturated Fat: 10.27g (64.17%), Carbohydrates: 28.62g (9.54%),
Net Carbohydrates: 27.76g (10.1%), Sugar: 0.76g (0.85%), Cholesterol: 106.55mg (35.52%), Sodium: 887.48mg
(38.59%), Alcohol: 2.54g (100%), Alcohol %: 1.22% (100%), Protein: 34.85g (69.7%), Zinc: 10.74mg (71.63%), Vitamin
B12: 3.93µg (65.56%), Selenium: 30.76µg (43.94%), Phosphorus: 334.64mg (33.46%), Vitamin B3: 6.27mg (31.37%),
Vitamin B6: 0.58mg (29.14%), Iron: 3.13mg (17.39%), Vitamin B2: 0.28mg (16.36%), Potassium: 559.05mg (15.97%),
Calcium: 120.25mg (12.02%), Vitamin B5: 1.15mg (11.55%), Magnesium: 34.64mg (8.66%), Vitamin B1: 0.1mg (6.84%),
Copper: 0.1mg (5.03%), Manganese: 0.08mg (3.83%), Fiber: 0.85g (3.41%), Folate: 13.05µg (3.26%), Vitamin A:
158.24IU (3.16%), Vitamin K: 2.65µg (2.52%), Vitamin E: 0.3mg (2.03%), Vitamin C: 1.32mg (1.6%), Vitamin D: 0.22µg
(1.47%)