



Zinfandel Beef and Blue Cheese Sandwiches

READY IN



435 min.

SERVINGS



10

CALORIES



460 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.8 cup beef broth
- 3 lb beef chuck boneless
- 1 bay leaves dried
- 1 teaspoon rosemary dried
- 1 clove garlic finely chopped
- 1 medium onion thinly sliced
- 1 teaspoon salt
- 1.3 cups cheese blue crumbled
- 10 ciabatta rolls split soft toasted

- 1 teaspoon thyme leaves dried
- 1 cup red wine dry red (such as Zinfandel)
- 1 teaspoon worcestershire sauce

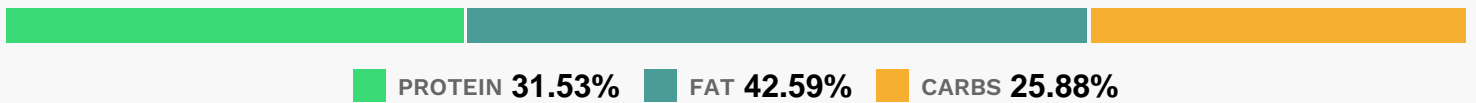
Equipment

- 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:21.4, Glycemic Load:0.47, Inflammation Score:-5, Nutrition Score:16.949130115302%

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, 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: 459.98kcal (23%), Fat: 20.91g (32.18%), Saturated Fat: 10.27g (64.17%), Carbohydrates: 28.6g (9.53%), Net Carbohydrates: 27.75g (10.09%), Sugar: 0.76g (0.85%), Cholesterol: 106.55mg (35.52%), Sodium: 887.47mg (38.59%), Alcohol: 2.54g (100%), Alcohol %: 1.22% (100%), Protein: 34.85g (69.69%), Zinc: 10.74mg (71.63%), Vitamin B12: 3.93µg (65.56%), Selenium: 30.75µg (43.94%), Phosphorus: 334.59mg (33.46%), Vitamin B3: 6.27mg (31.37%), Vitamin B6: 0.58mg (29.13%), Iron: 3.13mg (17.38%), Vitamin B2: 0.28mg (16.36%), Potassium: 558.66mg (15.96%), Calcium: 120.11mg (12.01%), Vitamin B5: 1.15mg (11.54%), Magnesium: 34.59mg (8.65%), Vitamin B1: 0.1mg (6.83%), Copper: 0.1mg (5.01%), Manganese: 0.07mg (3.64%), Fiber: 0.84g (3.38%), Folate: 13.04µg (3.26%), Vitamin A: 158.08IU (3.16%), Vitamin K: 2.6µg (2.47%), Vitamin E: 0.3mg (2.02%), Vitamin C: 1.32mg (1.6%), Vitamin D: 0.22µg (1.47%)