

# Slow Cooker BBQ Flat Iron Steak Sandwiches

Yield: 4 min  
Total Time: 315 min

Recipe from: <https://www.recipeschoose.com/recipes/ketchup-italian-dressing-marinade-recipe>

## Ingredients:

- 1/2 cup ketchup
- 1/2 cup Italian dressing
- 2 tablespoons soy sauce
- 1 tablespoon molasses
- 2 pounds flat iron steak cubed
- 1 tablespoon chopped onion dried
- 4 hoagie rolls split lengthwise and toasted
- 1 cup prepared coleslaw optional

## Nutrition:

1. Calories: 750 calories
2. Carbohydrate: 53 grams
3. Cholesterol: 150 milligrams
4. Fat: 37 grams
5. Fiber: 2 grams
6. Protein: 51 grams
7. SaturatedFat: 11 grams
8. Sodium: 1790 milligrams
9. Sugar: 14 grams

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