



HEALTH SCORE

94%

Americana Pot Roast



Gluten Free



Dairy Free



Very Healthy

READY IN



45 min.

SERVINGS



10

CALORIES



350 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 teaspoon pepper black
- ☐ 6 carrots cut into 1 1/2-inch-thick pieces (1 pound)
- ☐ 0.5 teaspoon basil dried
- ☐ 0.5 teaspoon thyme leaves dried
- ☐ 0.5 cup cooking wine dry red
- ☐ 3 garlic cloves crushed
- ☐ 2 tablespoons hungarian paprika sweet
- ☐ 14.3 ounce low-salt beef broth canned

- ☐ 6 cups onion sliced () (3 medium)
- ☐ 0.5 teaspoon oregano dried
- ☐ 1 pound potatoes red
- ☐ 4 pound boned rump roast
- ☐ 0.5 teaspoon salt
- ☐ 0.5 cup water

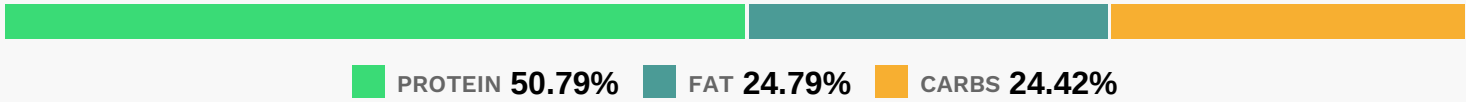
Equipment

- ☐ frying pan
- ☐ oven
- ☐ dutch oven

Directions

- ☐ Preheat oven to 30
- ☐ Place a Dutch oven coated with cooking spray over medium-high heat until hot.
- ☐ Add roast, browning on all sides.
- ☐ Remove from pan; reduce heat to medium.
- ☐ Add onion; saut 10 minutes.
- ☐ Add paprika, basil, oregano, thyme, and garlic; saut 1 minute.
- ☐ Add water, wine, and broth; bring to a boil. Peel a 1/2-inch strip around each potato. Stir in salt, pepper, carrots, and potatoes. Return roast to pan. Cover and bake at 300 for 2 hours. Turn roast; cover and bake an additional hour or until tender.
- ☐ Serve with vegetables and broth.

Nutrition Facts



Properties

Glycemic Index:15.58, Glycemic Load:3.27, Inflammation Score:-10, Nutrition Score:30.830869964931%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Isorhamnetin: 4.81mg, Isorhamnetin: 4.81mg, Isorhamnetin: 4.81mg, Isorhamnetin: 4.81mg Kaempferol: 0.71mg, Kaempferol: 0.71mg, Kaempferol: 0.71mg, Kaempferol: 0.71mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 19.88mg, Quercetin: 19.88mg, Quercetin: 19.88mg, Quercetin: 19.88mg

Nutrients (% of daily need)

Calories: 349.9kcal (17.49%), Fat: 9.44g (14.53%), Saturated Fat: 3.19g (19.91%), Carbohydrates: 20.93g (6.98%), Net Carbohydrates: 16.9g (6.15%), Sugar: 6.55g (7.28%), Cholesterol: 112.49mg (37.5%), Sodium: 331.95mg (14.43%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 43.53g (87.07%), Vitamin A: 6813.38IU (136.27%), Vitamin B6: 1.47mg (73.54%), Selenium: 51.23µg (73.18%), Vitamin B3: 13.41mg (67.05%), Vitamin B12: 3.36µg (55.94%), Zinc: 8.03mg (53.56%), Phosphorus: 465.6mg (46.56%), Potassium: 1207.02mg (34.49%), Iron: 4.89mg (27.19%), Vitamin B2: 0.37mg (21.83%), Vitamin B1: 0.28mg (18.72%), Magnesium: 71.65mg (17.91%), Manganese: 0.33mg (16.44%), Vitamin C: 13.55mg (16.42%), Fiber: 4.03g (16.11%), Copper: 0.31mg (15.56%), Folate: 58.2µg (14.55%), Vitamin B5: 1.18mg (11.78%), Vitamin K: 12.27µg (11.68%), Vitamin E: 1.25mg (8.3%), Calcium: 83.03mg (8.3%)