



## Apple Cider Pot Roast with Vegetables



Gluten Free



Dairy Free

READY IN



390 min.

SERVINGS



4

CALORIES



721 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- ☐ 3 lb beef chuck
- ☐ 1 serving salt and pepper
- ☐ 0.5 cinnamon sticks
- ☐ 3 medium carrots chopped
- ☐ 3 medium celery stalks chopped
- ☐ 1 large onion chopped
- ☐ 2 cups apple cider
- ☐ 0.3 cup apple pie spice

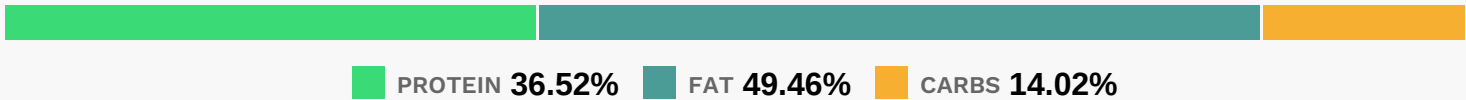
# Equipment

- ☐ pot
- ☐ slow cooker

# Directions

- ☐ Sprinkle beef with salt and pepper.
- ☐ Place in 4- to 5-quart slow cooker.
- ☐ Add remaining ingredients.
- ☐ Cover; cook on Low heat setting 6 to 8 hours.
- ☐ To serve, drain juices.
- ☐ Serve juices over beef and vegetables. If desired, serve with mashed potatoes. Use remaining 4 servings for "Pot Roast Pot Pies."

# Nutrition Facts



# Properties

Glycemic Index:37.9, Glycemic Load:7.58, Inflammation Score:-10, Nutrition Score:41.233912986258%

# Flavonoids

Cyanidin: 0.02mg, Cyanidin: 0.02mg, Cyanidin: 0.02mg, Cyanidin: 0.02mg Catechin: 1.48mg, Catechin: 1.48mg, Catechin: 1.48mg, Catechin: 1.48mg Epicatechin: 5.56mg, Epicatechin: 5.56mg, Epicatechin: 5.56mg, Epicatechin: 5.56mg Apigenin: 0.09mg, Apigenin: 0.09mg, Apigenin: 0.09mg, Apigenin: 0.09mg Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg Kaempferol: 0.36mg, Kaempferol: 0.36mg, Kaempferol: 0.36mg, Kaempferol: 0.36mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 8.4mg, Quercetin: 8.4mg, Quercetin: 8.4mg, Quercetin: 8.4mg

# Nutrients (% of daily need)

Calories: 721.13kcal (36.06%), Fat: 40.07g (61.65%), Saturated Fat: 17.58g (109.87%), Carbohydrates: 25.56g (8.52%), Net Carbohydrates: 22.29g (8.11%), Sugar: 15.6g (17.33%), Cholesterol: 234.73mg (78.24%), Sodium: 367.16mg (15.96%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 66.57g (133.13%), Zinc: 25.93mg (172.83%), Vitamin B12: 9.29µg (154.79%), Vitamin A: 7718.59IU (154.37%), Selenium: 70.98µg (101.4%), Vitamin B3: 15.43mg

(77.15%), Vitamin B6: 1.46mg (72.89%), Phosphorus: 685.75mg (68.58%), Manganese: 1.21mg (60.3%), Iron: 8.59mg (47.7%), Potassium: 1496.76mg (42.76%), Vitamin B2: 0.56mg (32.92%), Vitamin B5: 2.33mg (23.27%), Magnesium: 88.02mg (22.01%), Vitamin B1: 0.3mg (20.32%), Copper: 0.29mg (14.33%), Calcium: 134.97mg (13.5%), Vitamin K: 13.9µg (13.24%), Fiber: 3.27g (13.07%), Vitamin C: 7.96mg (9.65%), Vitamin E: 1.09mg (7.3%), Folate: 28.48µg (7.12%), Vitamin D: 0.34µg (2.27%)