



Apple Flavored Pot Roast

 Dairy Free

READY IN



255 min.

SERVINGS



6

CALORIES



544 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 12 fluid ounce apple juice concentrate frozen thawed canned
- 3 baking potatoes diced peeled
- 3 pound beef chuck boneless
- 2 carrots peeled sliced
- 1 ounce onion soup mix dry
- 3 cloves garlic chopped
- 1 dash soya sauce

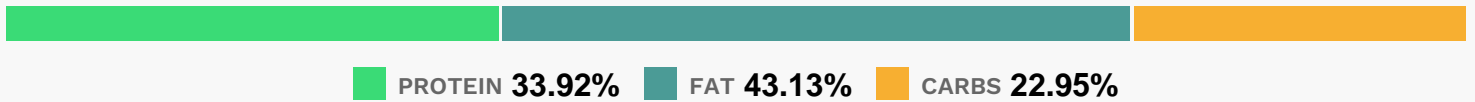
Equipment

- oven
- roasting pan
- casserole dish
- aluminum foil

Directions

- Preheat the oven to 325 degrees F (165 degrees C).
- Place the roast in a roasting pan or large casserole dish. Fill the dish with about 1/2 inch of water, then stir in the apple juice concentrate.
- Sprinkle soy sauce over the top of the roast. Make several small slits in the roast and stuff pieces of garlic into them. Season the roast with onion soup mix. Cover with aluminum foil or a lid.
- Bake for 2 hours in the preheated oven, then remove from the oven and add the carrots and potatoes. Cover again, and continue to cook for an additional 2 hours, or until roast is fork tender.

Nutrition Facts



Properties

Glycemic Index:36.22, Glycemic Load:18.6, Inflammation Score:-9, Nutrition Score:32.097825858904%

Flavonoids

Cyanidin: 0.01mg, Cyanidin: 0.01mg, Cyanidin: 0.01mg, Cyanidin: 0.01mg Catechin: 0.74mg, Catechin: 0.74mg, Catechin: 0.74mg, Catechin: 0.74mg Epicatechin: 2.79mg, Epicatechin: 2.79mg, Epicatechin: 2.79mg, Epicatechin: 2.79mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.41mg, Quercetin: 0.41mg, Quercetin: 0.41mg, Quercetin: 0.41mg

Nutrients (% of daily need)

Calories: 544.09kcal (27.2%), Fat: 26.27g (40.42%), Saturated Fat: 11.49g (71.8%), Carbohydrates: 31.46g (10.49%), Net Carbohydrates: 29.04g (10.56%), Sugar: 7.55g (8.39%), Cholesterol: 156.49mg (52.16%), Sodium: 594.45mg (25.85%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 46.49g (92.99%), Zinc: 17.5mg (116.64%), Vitamin B12: 6.19µg (103.19%), Vitamin A: 3428.87IU (68.58%), Selenium: 47.68µg (68.11%), Vitamin B6: 1.32mg (66.06%), Vitamin B3: 11.24mg (56.19%), Phosphorus: 510.96mg (51.1%), Potassium: 1362.3mg (38.92%), Iron: 5.85mg (32.52%),

Vitamin B2: 0.4mg (23.57%), Magnesium: 76.26mg (19.06%), Vitamin B1: 0.28mg (18.61%), Vitamin B5: 1.85mg (18.47%), Manganese: 0.32mg (16%), Copper: 0.29mg (14.28%), Vitamin C: 8.43mg (10.22%), Fiber: 2.42g (9.67%), Vitamin K: 8.09µg (7.71%), Calcium: 73.35mg (7.33%), Folate: 25.65µg (6.41%), Vitamin E: 0.59mg (3.93%), Vitamin D: 0.23µg (1.51%)