



Asian Pot Roast



Gluten Free



Dairy Free

READY IN



505 min.

SERVINGS



25

CALORIES



57 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 2 tablespoons canola oil
- ☐ 3 tablespoons cornstarch
- ☐ 2 lb roast chickens trimmed
- ☐ 2 tablespoons ginger fresh chopped
- ☐ 6 cloves garlic halved
- ☐ 0.5 cup chicken broth low-sodium
- ☐ 0.3 cup soy sauce low-sodium
- ☐ 2 tablespoons rice vinegar

- ☐ 25 servings salt and pepper
- ☐ 25 servings spring onion thinly sliced
- ☐ 10 ounce mushrooms white sliced

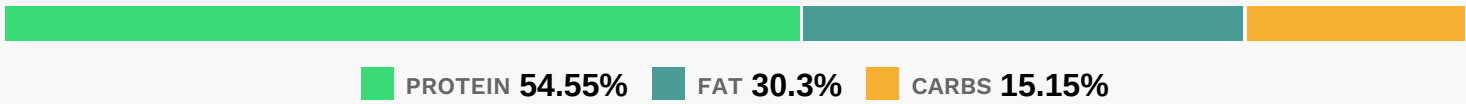
Equipment

- ☐ frying pan
- ☐ whisk
- ☐ aluminum foil
- ☐ slow cooker
- ☐ cutting board

Directions

- ☐ Combine mushrooms, broth, soy sauce, ginger and garlic in slow cooker. Pat roast dry and sprinkle with salt and pepper.
- ☐ Warm oil in a large skillet over medium-high heat. Brown beef on all sides, about 8 minutes total.
- ☐ Transfer to slow cooker; turn to coat with soy sauce mixture. Cover and cook on low until tender, 6 to 8 hours.
- ☐ Transfer roast to cutting board, tent with foil and let rest for 15 minutes.
- ☐ Whisk cornstarch and 1/2 cup liquid from slow cooker and return to cooker, whisking until sauce thickens, 1 to 2 minutes.
- ☐ Whisk in vinegar. If sauce is too thick, whisk in 1 or 2 additional Tbsp. of broth. Slice meat.
- ☐ Serve with sauce, topped with scallions, if desired.

Nutrition Facts



Properties

Glycemic Index:6.36, Glycemic Load:0.25, Inflammation Score:-2, Nutrition Score:5.8986956827019%

Flavonoids

Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.65mg, Quercetin: 0.65mg, Quercetin: 0.65mg, Quercetin: 0.65mg

Nutrients (% of daily need)

Calories: 57.49kcal (2.87%), Fat: 1.98g (3.04%), Saturated Fat: 0.4g (2.51%), Carbohydrates: 2.22g (0.74%), Net Carbohydrates: 1.9g (0.69%), Sugar: 0.4g (0.44%), Cholesterol: 0mg (0%), Sodium: 304.44mg (13.24%), Alcohol: 0g (0%), Alcohol %: 0% (100%), Protein: 8.01g (16.01%), Vitamin B6: 0.35mg (17.69%), Vitamin B3: 2.95mg (14.75%), Vitamin K: 13.23µg (12.6%), Vitamin B12: 0.65µg (10.86%), Zinc: 1.63mg (10.85%), Selenium: 6.98µg (9.97%), Phosphorus: 97.11mg (9.71%), Vitamin B2: 0.16mg (9.23%), Potassium: 204.14mg (5.83%), Iron: 1.04mg (5.75%), Copper: 0.1mg (5.05%), Vitamin B1: 0.07mg (4.85%), Vitamin B5: 0.42mg (4.16%), Magnesium: 13.2mg (3.3%), Manganese: 0.04mg (2.24%), Vitamin C: 1.62mg (1.96%), Folate: 6.97µg (1.74%), Vitamin E: 0.24mg (1.62%), Fiber: 0.32g (1.29%), Vitamin A: 59.88IU (1.2%)