



Aunt Mary's Pot Roast



Gluten Free



Dairy Free



Low Fod Map

READY IN



20 min.

SERVINGS



6

CALORIES



441 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients



12 ounce beer canned



3 pound chuck roast



0.7 ounce dressing mix italian

Equipment



oven

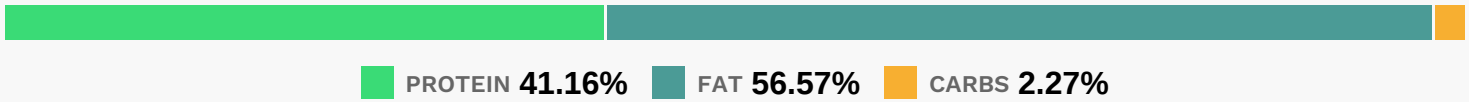


dutch oven

Directions

- ☐ Brown roast on all sides in a lightly oiled 5-quart cast-iron Dutch oven over high heat.
- ☐ Remove from heat, and add beer and dressing mix.
- ☐ Bake, covered, at 300 for 3 hours or until tender, turning once.
- ☐ Serve with Roasted Vegetables, if desired.

Nutrition Facts



Properties

Glycemic Index:6.75, Glycemic Load:0.82, Inflammation Score:-3, Nutrition Score:23.331304250366%

Flavonoids

Catechin: 0.22mg, Catechin: 0.22mg, Catechin: 0.22mg, Catechin: 0.22mg Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg Kaempferol: 0.46mg, Kaempferol: 0.46mg, Kaempferol: 0.46mg, Kaempferol: 0.46mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg Gallocatechin: 0.05mg, Gallocatechin: 0.05mg, Gallocatechin: 0.05mg, Gallocatechin: 0.05mg

Nutrients (% of daily need)

Calories: 440.55kcal (22.03%), Fat: 26.73g (41.13%), Saturated Fat: 11.53g (72.08%), Carbohydrates: 2.41g (0.8%), Net Carbohydrates: 2.41g (0.88%), Sugar: 0.36g (0.4%), Cholesterol: 156.49mg (52.16%), Sodium: 218.82mg (9.51%), Alcohol: 2.21g (100%), Alcohol %: 0.98% (100%), Protein: 43.77g (87.55%), Zinc: 17.06mg (113.75%), Vitamin B12: 6.2µg (103.38%), Selenium: 47.13µg (67.32%), Vitamin B3: 10.1mg (50.51%), Vitamin B6: 0.9mg (44.84%), Phosphorus: 437.08mg (43.71%), Iron: 4.74mg (26.32%), Potassium: 771.05mg (22.03%), Vitamin B2: 0.34mg (20.18%), Vitamin B5: 1.42mg (14.16%), Magnesium: 46.66mg (11.66%), Vitamin B1: 0.15mg (10.21%), Copper: 0.14mg (7.09%), Vitamin K: 5.25µg (5%), Calcium: 41.25mg (4.13%), Vitamin E: 0.5mg (3.36%), Folate: 10.21µg (2.55%), Vitamin D: 0.23µg (1.51%), Manganese: 0.03mg (1.41%)