

Awesome Slow Cooker Pot Roast

 Dairy Free

READY IN



490 min.

SERVINGS



12

CALORIES



327 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 21.5 ounce cream of mushroom soup canned
- 1 ounce onion soup mix dry
- 5.5 pounds pot roast cut
- 1.3 cups water

Equipment

- pot
- slow cooker

Directions

- In a slow cooker, mix cream of mushroom soup, dry onion soup mix and water.
- Place pot roast in slow cooker and coat with soup mixture.
- Cook on High setting for 3 to 4 hours, or on Low setting for 8 to 9 hours.

Nutrition Facts

 **PROTEIN 61.18%**  **FAT 33.51%**  **CARBS 5.31%**

Properties

Glycemic Index:0, Glycemic Load:0, Inflammation Score:-3, Nutrition Score:23.295217326883%

Nutrients (% of daily need)

Calories: 326.88kcal (16.34%), Fat: 11.73g (18.04%), Saturated Fat: 4.51g (28.19%), Carbohydrates: 4.18g (1.39%), Net Carbohydrates: 3.92g (1.43%), Sugar: 0.11g (0.12%), Cholesterol: 137.67mg (45.89%), Sodium: 704.93mg (30.65%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 48.17g (96.33%), Zinc: 11.98mg (79.87%), Vitamin B12: 4.47µg (74.46%), Selenium: 51.05µg (72.93%), Vitamin B3: 11.35mg (56.73%), Vitamin B6: 1.05mg (52.53%), Phosphorus: 437.59mg (43.76%), Iron: 4.58mg (25.47%), Vitamin B2: 0.39mg (22.72%), Potassium: 771.25mg (22.04%), Copper: 0.3mg (15.15%), Vitamin B5: 1.48mg (14.76%), Magnesium: 53.04mg (13.26%), Vitamin B1: 0.18mg (11.79%), Manganese: 0.2mg (9.96%), Folate: 30.58µg (7.65%), Vitamin E: 0.61mg (4.04%), Calcium: 37.33mg (3.73%), Vitamin K: 2.53µg (2.41%), Vitamin D: 0.21µg (1.39%), Fiber: 0.26g (1.03%)