



Barbecued Pot Roast



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



10

CALORIES



353 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 tablespoons firmly brown sugar packed
- ☐ 8 ounce tomato sauce canned
- ☐ 3 carrots peeled cut into strips
- ☐ 2 teaspoons chili powder
- ☐ 0.3 cup chili sauce
- ☐ 0.3 cup cider vinegar
- ☐ 1 clove garlic minced
- ☐ 8 new potatoes

- ☐ 1.5 cups onions sliced
- ☐ 0.5 teaspoon pepper
- ☐ 4 pound pot roast cut boneless
- ☐ 2 teaspoons salt
- ☐ 2 tablespoons vegetable oil
- ☐ 0.5 cup water
- ☐ 2 teaspoons worcestershire sauce

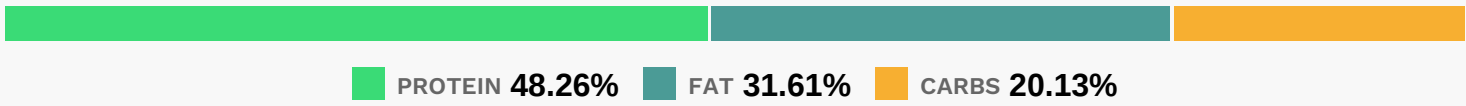
Equipment

- ☐ dutch oven

Directions

- ☐ Brown roast on both sides in hot oil in a large Dutch oven.
- ☐ Add onion and garlic; cook until onion is tender.
- ☐ Combine salt, pepper, and tomato sauce; pour over roast, and cook over low heat, uncovered, 1 1/2 hours.
- ☐ Combine next 6 ingredients; pour over roast. Cook over low heat, covered, 1 hour or until tender.
- ☐ Pare 1-inch strip around center of potatoes.
- ☐ Add potatoes and carrots during last 30 minutes of cooking time.
- ☐ Transfer roast to serving platter, and serve with vegetables.

Nutrition Facts



Properties

Glycemic Index:30.46, Glycemic Load:7.26, Inflammation Score:-9, Nutrition Score:27.190000326737%

Flavonoids

Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 1.2mg, Isorhamnetin: 1.2mg, Isorhamnetin: 1.2mg, Isorhamnetin: 1.2mg Kaempferol: 0.56mg, Kaempferol: 0.56mg, Kaempferol: 0.56mg,

Kaempferol: 0.56mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 5.23mg, Quercetin: 5.23mg, Quercetin: 5.23mg, Quercetin: 5.23mg

Nutrients (% of daily need)

Calories: 353.11kcal (17.66%), Fat: 12.14g (18.68%), Saturated Fat: 3.87g (24.18%), Carbohydrates: 17.4g (5.8%), Net Carbohydrates: 14.82g (5.39%), Sugar: 6.46g (7.18%), Cholesterol: 117.93mg (39.31%), Sodium: 838.48mg (36.46%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 41.71g (83.42%), Zinc: 10.25mg (68.32%), Vitamin A: 3323.31IU (66.47%), Selenium: 45.11µg (64.44%), Vitamin B12: 3.83µg (63.81%), Vitamin B6: 1.12mg (56%), Vitamin B3: 10.55mg (52.74%), Phosphorus: 416.53mg (41.65%), Potassium: 1006.23mg (28.75%), Iron: 4.58mg (25.43%), Vitamin B2: 0.36mg (21.27%), Vitamin C: 14.61mg (17.71%), Magnesium: 62.59mg (15.65%), Vitamin B5: 1.48mg (14.79%), Vitamin B1: 0.21mg (14.19%), Copper: 0.28mg (13.93%), Vitamin K: 12.14µg (11.56%), Manganese: 0.22mg (11.21%), Folate: 41.71µg (10.43%), Fiber: 2.58g (10.32%), Vitamin E: 1.49mg (9.94%), Calcium: 55.47mg (5.55%), Vitamin D: 0.18µg (1.21%)