



## Beef Chuck Roast with Gravy

 Dairy Free

READY IN



375 min.

SERVINGS



15

CALORIES



258 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 18 oz original barbecue sauce kraft
- 2.5 lb beef chuck eye roast boneless
- 10 carrots peeled quartered
- 3 Tbsp flour
- 1 large onion cut into 1/2-inch-thick slices
- 1.8 lb potatoes red quartered ( 10)
- 0.3 cup water

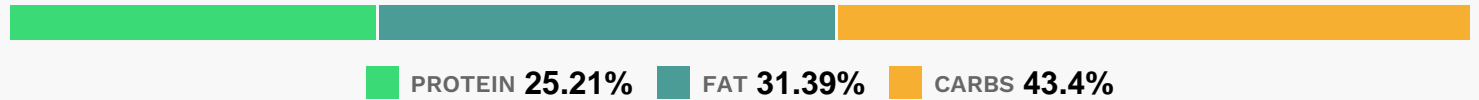
### Equipment

- slotted spoon
- slow cooker
- cutting board

## Directions

- Place meat in slow cooker; top with vegetables and barbecue sauce. Cover with lid. Cook on LOW 8 to 9 hours (or on HIGH 6 to 7 hours).
- Remove meat from slow cooker; place on cutting board. Cover; let stand 10 min. Meanwhile, use slotted spoon to transfer vegetables to platter; cover.
- Mix flour and water; stir into liquid in slow cooker until thickened. Slice meat; add to platter with vegetables. Top with gravy.

## Nutrition Facts



## Properties

Glycemic Index:9.92, Glycemic Load:2.33, Inflammation Score:-10, Nutrition Score:17.351739282193%

## Flavonoids

Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 2.46mg, Quercetin: 2.46mg, Quercetin: 2.46mg, Quercetin: 2.46mg

## Nutrients (% of daily need)

Calories: 257.77kcal (12.89%), Fat: 9.09g (13.98%), Saturated Fat: 3.87g (24.16%), Carbohydrates: 28.27g (9.42%), Net Carbohydrates: 25.71g (9.35%), Sugar: 14.33g (15.93%), Cholesterol: 52.16mg (17.39%), Sodium: 449.91mg (19.56%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 16.42g (32.84%), Vitamin A: 6883.71IU (137.67%), Zinc: 6.04mg (40.29%), Vitamin B12: 2.06µg (34.4%), Selenium: 16.88µg (24.11%), Vitamin B6: 0.47mg (23.69%), Vitamin B3: 4.58mg (22.9%), Potassium: 717.03mg (20.49%), Phosphorus: 200.72mg (20.07%), Iron: 2.39mg (13.27%), Vitamin B2: 0.18mg (10.52%), Manganese: 0.21mg (10.32%), Fiber: 2.56g (10.22%), Vitamin B1: 0.14mg (9.59%), Vitamin C: 7.89mg (9.57%), Magnesium: 36.69mg (9.17%), Copper: 0.17mg (8.34%), Vitamin K: 8.69µg (8.28%), Vitamin B5: 0.8mg (7.98%), Folate: 24.85µg (6.21%), Vitamin E: 0.69mg (4.62%), Calcium: 45.47mg (4.55%)