



Beef Pot Roast and Winter Vegetables

 Gluten Free

READY IN



195 min.

SERVINGS



15

CALORIES



181 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 cups baby carrots
- 10 oz cream of mushroom soup canned
- 2.5 lb extra-lean beef pot roast boneless
- 0.5 cup a.1. garlic & herb marinade
- 0.8 lb new potatoes red halved
- 1 Tbsp oil
- 1 onion cut into 6 wedges
- 2 Tbsp parsley italian chopped

0.5 lb mushroom caps

Equipment

frying pan

oven

roasting pan

Directions

Heat oven to 325F.

Brown meat in hot oil in large skillet on medium heat.

Place in large roasting pan. Arrange vegetables around meat.

Mix soup and marinade; pour over meat and vegetables. Cover tightly.

Bake 2-1/2 to 3 hours or until meat is done and fork tender.

Serve with meat drippings.

Sprinkle with parsley.

Nutrition Facts



Properties

Glycemic Index:11.65, Glycemic Load:3.26, Inflammation Score:-9, Nutrition Score:13.138695481031%

Flavonoids

Apigenin: 1.09mg, Apigenin: 1.09mg, Apigenin: 1.09mg, Apigenin: 1.09mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.37mg, Isorhamnetin: 0.37mg, Isorhamnetin: 0.37mg, Isorhamnetin: 0.37mg Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 1.65mg, Quercetin: 1.65mg, Quercetin: 1.65mg, Quercetin: 1.65mg

Nutrients (% of daily need)

Calories: 181.25kcal (9.06%), Fat: 7.91g (12.18%), Saturated Fat: 3.48g (21.78%), Carbohydrates: 8.75g (2.92%), Net Carbohydrates: 7.2g (2.62%), Sugar: 1.66g (1.85%), Cholesterol: 56mg (18.67%), Sodium: 241.45mg (10.5%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 18.38g (36.77%), Vitamin A: 2396.78IU (47.94%), Zinc: 4.32mg (28.83%),

Vitamin B12: 1.72µg (28.73%), Vitamin B3: 5.26mg (26.29%), Vitamin B6: 0.44mg (22.11%), Selenium: 14.27µg (20.39%), Phosphorus: 192.23mg (19.22%), Potassium: 480.79mg (13.74%), Iron: 2.37mg (13.16%), Vitamin K: 11.27µg (10.73%), Vitamin B2: 0.18mg (10.69%), Vitamin B5: 0.89mg (8.95%), Manganese: 0.17mg (8.49%), Copper: 0.16mg (8.13%), Vitamin C: 6.13mg (7.43%), Magnesium: 28.89mg (7.22%), Fiber: 1.55g (6.2%), Folate: 17.47µg (4.37%), Vitamin B1: 0.06mg (4.27%), Vitamin E: 0.38mg (2.55%), Calcium: 18.43mg (1.84%)