



Beef Pot Roast with Vegetables

 Dairy Free

READY IN



900 min.

SERVINGS



6

CALORIES



596 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 3 pound beef chuck boneless
- ☐ 2 bay leaves dried
- ☐ 2 medium stalks celery cut into 3-inch pieces
- ☐ 6 small potatoes – remove skin red cut into fourths
- ☐ 1 cup baby carrots
- ☐ 4.5 ounces mushrooms whole drained
- ☐ 10.8 ounces cream of mushroom soup canned
- ☐ 2 tablespoons chili sauce

☐ 1 envelope onion soup mix (2.2-ounce size)

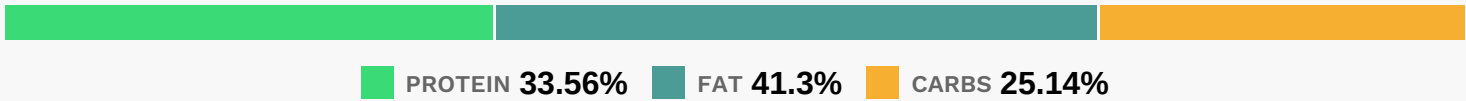
Equipment

☐ slow cooker

Directions

- ☐ Place beef in 3 1/2- to 4-quart slow cooker. Arrange bay leaves on top of beef; arrange celery, potatoes, carrots and mushrooms around beef. Top beef with condensed mushroom soup, chili sauce and beefy onion soup mix (dry).
- ☐ Cover and cook on low heat setting 9 to 10 hours or until beef is tender. Discard bay leaves.

Nutrition Facts



Properties

Glycemic Index:10.67, Glycemic Load:0.21, Inflammation Score:-9, Nutrition Score:37.015217542648%

Flavonoids

Apigenin: 0.38mg, Apigenin: 0.38mg, Apigenin: 0.38mg, Apigenin: 0.38mg Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Quercetin: 1.16mg, Quercetin: 1.16mg, Quercetin: 1.16mg, Quercetin: 1.16mg

Nutrients (% of daily need)

Calories: 596.47kcal (29.82%), Fat: 27.66g (42.55%), Saturated Fat: 12.13g (75.84%), Carbohydrates: 37.87g (12.62%), Net Carbohydrates: 33.27g (12.1%), Sugar: 4.78g (5.31%), Cholesterol: 159.03mg (53.01%), Sodium: 1205.2mg (52.4%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 50.56g (101.12%), Zinc: 18.42mg (122.82%), Vitamin B12: 6.28µg (104.69%), Selenium: 50.18µg (71.69%), Vitamin B3: 13.32mg (66.62%), Vitamin B6: 1.28mg (63.99%), Vitamin A: 3080.18IU (61.6%), Phosphorus: 591.24mg (59.12%), Potassium: 1810.05mg (51.72%), Iron: 6.77mg (37.64%), Vitamin B2: 0.53mg (31.45%), Copper: 0.59mg (29.58%), Manganese: 0.52mg (25.89%), Vitamin B5: 2.46mg (24.57%), Magnesium: 94.2mg (23.55%), Vitamin B1: 0.35mg (23.14%), Vitamin C: 17.08mg (20.7%), Fiber: 4.61g (18.42%), Folate: 55.64µg (13.91%), Vitamin K: 14.6µg (13.9%), Calcium: 81.2mg (8.12%), Vitamin E: 0.59mg (3.94%), Vitamin D: 0.27µg (1.8%)