



HEALTH SCORE

54%

Beef Roast with Fruit



Gluten Free



Dairy Free

READY IN



235 min.

SERVINGS



8

CALORIES



352 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 pot roast cut
- ☐ 0.5 teaspoon salt
- ☐ 0.3 teaspoon pepper
- ☐ 1 cup wine dry white flavored (from 32-ounce carton)
- ☐ 2 medium onion sliced
- ☐ 1.5 cups tomatoes chopped
- ☐ 2 medium sweet potatoes and into peeled cut into 1/4-inch slices
- ☐ 16 ounces peaches drained sliced canned

- ☐ 16 ounces pears drained sliced canned
- ☐ 1 tablespoon cornstarch
- ☐ 2 tablespoons water cold

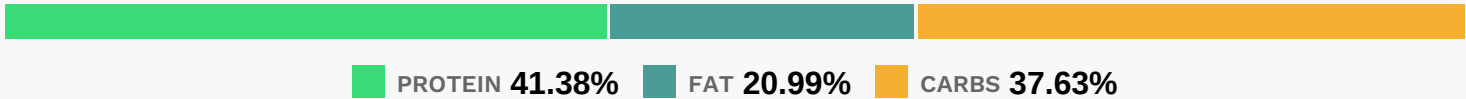
Equipment

- ☐ dutch oven

Directions

- ☐ Trim fat from beef.
- ☐ Cook beef in nonstick Dutch oven over medium heat until brown on all sides; drain.
- ☐ Sprinkle with salt and pepper.
- ☐ Add wine, onions and tomatoes.
- ☐ Heat to boiling; reduce heat. Cover and simmer 3 hours.
- ☐ Add yams, peaches and pears. Cover and simmer about 30 minutes or until yams and meat are tender.
- ☐ Remove beef, fruit and vegetables; keep warm. Skim any fat from liquid in Dutch oven. If necessary, add enough water to liquid to measure 2 cups.
- ☐ Mix cornstarch and cold water; gradually stir into liquid.
- ☐ Heat to boiling, stirring constantly. Boil and stir 1 minute.
- ☐ Serve with beef, fruit and vegetables.
- ☐ Garnish with chopped fresh parsley if desired.

Nutrition Facts



Properties

Glycemic Index:30.88, Glycemic Load:11.07, Inflammation Score:-10, Nutrition Score:26.253913101943%

Flavonoids

Cyanidin: 2.26mg, Cyanidin: 2.26mg, Cyanidin: 2.26mg, Cyanidin: 2.26mg Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg Catechin: 3.17mg, Catechin: 3.17mg, Catechin: 3.17mg, Catechin: 3.17mg

Epigallocatechin: 0.92mg, Epigallocatechin: 0.92mg, Epigallocatechin: 0.92mg, Epigallocatechin: 0.92mg
Epicatechin: 3.62mg, Epicatechin: 3.62mg, Epicatechin: 3.62mg, Epicatechin: 3.62mg Epicatechin 3–gallate:
0.01mg, Epicatechin 3–gallate: 0.01mg, Epicatechin 3–gallate: 0.01mg, Epicatechin 3–gallate: 0.01mg
Epigallocatechin 3–gallate: 0.27mg, Epigallocatechin 3–gallate: 0.27mg, Epigallocatechin 3–gallate: 0.27mg,
Epigallocatechin 3–gallate: 0.27mg Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin:
0.12mg Naringenin: 0.3mg, Naringenin: 0.3mg, Naringenin: 0.3mg, Naringenin: 0.3mg Apigenin: 0.01mg, Apigenin:
0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin:
0.02mg Isorhamnetin: 1.55mg, Isorhamnetin: 1.55mg, Isorhamnetin: 1.55mg, Isorhamnetin: 1.55mg Kaempferol:
0.34mg, Kaempferol: 0.34mg, Kaempferol: 0.34mg, Kaempferol: 0.34mg Myricetin: 0.06mg, Myricetin: 0.06mg,
Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 6.61mg, Quercetin: 6.61mg, Quercetin: 6.61mg, Quercetin: 6.61mg

Nutrients (% of daily need)

Calories: 351.91kcal (17.6%), Fat: 7.71g (11.86%), Saturated Fat: 2.79g (17.42%), Carbohydrates: 31.1g (10.37%), Net
Carbohydrates: 25.97g (9.44%), Sugar: 14.84g (16.48%), Cholesterol: 94.74mg (31.58%), Sodium: 296.5mg (12.89%),
Alcohol: 3.09g (100%), Alcohol %: 0.96% (100%), Protein: 34.19g (68.38%), Vitamin A: 8448.28IU (168.97%), Zinc:
8.48mg (56.51%), Selenium: 37.49µg (53.56%), Vitamin B12: 3.08µg (51.26%), Vitamin B6: 0.93mg (46.6%), Vitamin
B3: 8.7mg (43.52%), Phosphorus: 359.1mg (35.91%), Potassium: 937.79mg (26.79%), Iron: 3.81mg (21.17%), Fiber:
5.13g (20.52%), Vitamin B2: 0.33mg (19.35%), Manganese: 0.34mg (17.04%), Copper: 0.34mg (16.96%), Magnesium:
65.15mg (16.29%), Vitamin B5: 1.59mg (15.93%), Vitamin C: 11.98mg (14.52%), Vitamin B1: 0.2mg (13.42%), Folate:
42.26µg (10.56%), Vitamin K: 9.5µg (9.05%), Vitamin E: 1.21mg (8.06%), Calcium: 58.5mg (5.85%)