



HEALTH SCORE

100%

Beef Roast with Root Vegetables



Dairy Free



Very Healthy

READY IN



740 min.

SERVINGS



4

CALORIES



1095 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 14 ounce canned tomatoes diced canned
- ☐ 1 celery root peeled chopped celeriac
- ☐ 2 teaspoons chili powder
- ☐ 3 tablespoons flour all-purpose
- ☐ 1 teaspoon garlic powder
- ☐ 1 teaspoon ground cumin
- ☐ 4 servings salt and ground pepper black
- ☐ 0.3 cup maple syrup

- ☐ 0.5 cup onion chopped
- ☐ 1 teaspoon onion powder
- ☐ 2 parsnips peeled chopped
- ☐ 5 pound beef roast boneless trimmed of fat
- ☐ 2 large sweet potatoes cut into 2-inch pieces

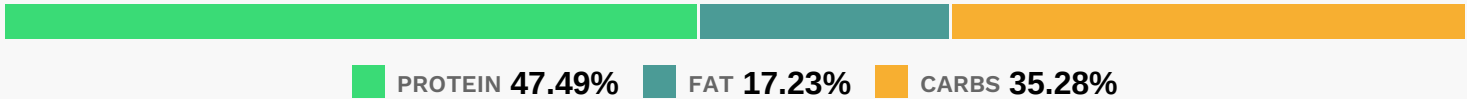
Equipment

- ☐ whisk
- ☐ slow cooker

Directions

- ☐ Watch how to make this recipe.
- ☐ Arrange onion, sweet potatoes, parsnips and celery root in bottom of slow cooker. Season beef all over with salt and black pepper. Rub flour all over beef.
- ☐ Place roast on top of vegetables in slow cooker.
- ☐ Whisk together tomatoes, maple syrup, chili powder, cumin, garlic powder, and onion powder.
- ☐ Pour mixture over beef.
- ☐ Cover and cook on LOW for 12 hours or on HIGH for 8 hours.
- ☐ Remove beef from slow cooker and shred with 2 forks.
- ☐ Serve 1/3 of shredded beef with this meal (and all of the vegetables) and refrigerate remaining beef for another use.

Nutrition Facts



Properties

Glycemic Index:90.88, Glycemic Load:38.56, Inflammation Score:-10, Nutrition Score:71.997825954271%

Flavonoids

Apigenin: 3.94mg, Apigenin: 3.94mg, Apigenin: 3.94mg, Apigenin: 3.94mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg

Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 5.14mg, Quercetin: 5.14mg, Quercetin: 5.14mg, Quercetin: 5.14mg

Nutrients (% of daily need)

Calories: 1094.77kcal (54.74%), Fat: 21.27g (32.72%), Saturated Fat: 7.1g (44.34%), Carbohydrates: 97.99g (32.66%), Net Carbohydrates: 83.23g (30.26%), Sugar: 34.87g (38.74%), Cholesterol: 323.18mg (107.73%), Sodium: 8949.33mg (389.1%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 131.91g (263.82%), Vitamin A: 24635.03IU (492.7%), Vitamin C: 296.18mg (359.01%), Vitamin B3: 46.49mg (232.46%), Calcium: 1815.69mg (181.57%), Vitamin B12: 9.64µg (160.65%), Vitamin B6: 3.18mg (158.79%), Zinc: 22.61mg (150.75%), Phosphorus: 1470.09mg (147.01%), Manganese: 2.16mg (108.01%), Potassium: 3368.56mg (96.24%), Iron: 16.74mg (92.99%), Vitamin K: 93.75µg (89.29%), Vitamin B2: 1.38mg (80.92%), Selenium: 44.63µg (63.76%), Magnesium: 249.89mg (62.47%), Fiber: 14.77g (59.08%), Copper: 1.08mg (54.02%), Vitamin B1: 0.7mg (46.37%), Vitamin B5: 4.44mg (44.43%), Folate: 163.23µg (40.81%), Vitamin E: 3.83mg (25.57%)