



HEALTH SCORE

83%

## Bottom Round Roast with Onion Gravy



Dairy Free



Very Healthy

READY IN



250 min.

SERVINGS



6

CALORIES



472 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- ☐ 1 bay leaf
- ☐ 4 pound bottom round roast
- ☐ 1 tablespoon flour all-purpose
- ☐ 6 onions sliced
- ☐ 6 servings salt and pepper to taste
- ☐ 1 cup water
- ☐ 1 tablespoon vinegar white

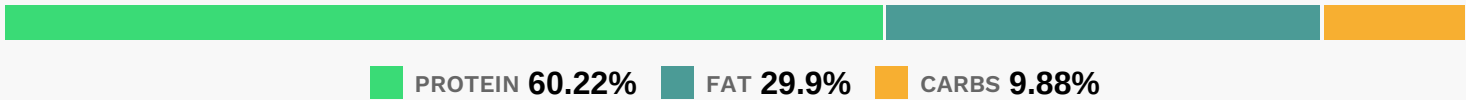
### Equipment

- ☐ frying pan
- ☐ dutch oven

## Directions

- ☐ Place sliced onions in the bottom of a Dutch oven or stock pot. Season the roast with salt and pepper, and place on top of the onions.
- ☐ Add the vinegar and bay leaf to the pan, and heat over high heat to get it simmering. Reduce heat to low, cover, and simmer for 3 to 4 hours. Try not to take the lid off while cooking.
- ☐ When the roast is done, remove it from the pan to a serving platter.
- ☐ Mix the flour into the water, and pour into the drippings from the roast. Simmer over medium heat, stirring frequently until thickened. Carve roast, and serve with the pan gravy.

## Nutrition Facts



## Properties

Glycemic Index:25.33, Glycemic Load:2.96, Inflammation Score:-7, Nutrition Score:34.134347565634%

## Flavonoids

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: 5.51mg, Isorhamnetin: 5.51mg, Isorhamnetin: 5.51mg, Isorhamnetin: 5.51mg Kaempferol: 0.71mg, Kaempferol: 0.71mg, Kaempferol: 0.71mg, Kaempferol: 0.71mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 22.33mg, Quercetin: 22.33mg, Quercetin: 22.33mg, Quercetin: 22.33mg

## Nutrients (% of daily need)

Calories: 472.43kcal (23.62%), Fat: 15.12g (23.27%), Saturated Fat: 5.19g (32.41%), Carbohydrates: 11.24g (3.75%), Net Carbohydrates: 9.33g (3.39%), Sugar: 4.67g (5.19%), Cholesterol: 187.48mg (62.49%), Sodium: 369.58mg (16.07%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 68.53g (137.07%), Selenium: 84.75µg (121.07%), Vitamin B6: 2.11mg (105.37%), Vitamin B3: 20.63mg (103.17%), Vitamin B12: 5.59µg (93.24%), Zinc: 12.78mg (85.2%), Phosphorus: 683.52mg (68.35%), Iron: 6.53mg (36.27%), Potassium: 1193.29mg (34.09%), Vitamin B2: 0.52mg (30.58%), Vitamin B1: 0.34mg (22.78%), Magnesium: 84.3mg (21.07%), Copper: 0.35mg (17.39%), Folate: 62.53µg (15.63%), Vitamin B5: 1.46mg (14.59%), Vitamin C: 8.15mg (9.88%), Manganese: 0.2mg (9.8%), Calcium: 84.54mg (8.45%), Fiber: 1.91g (7.63%), Vitamin E: 0.93mg (6.2%), Vitamin K: 4.07µg (3.88%)