



## Braised Pot Roast with Vegetables



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



403 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- ☐ 2 bay leaves
- ☐ 3 pound beef chuck trimmed
- ☐ 1 cup button mushrooms
- ☐ 1 cup tomatoes canned crushed
- ☐ 8 carrots sliced
- ☐ 2 celery stalks sliced
- ☐ 2 sprigs rosemary fresh
- ☐ 4 sprigs thyme leaves fresh

- ☐ 2 garlic cloves chopped
- ☐ 8 servings kosher salt and pepper black freshly ground
- ☐ 3 tablespoons olive oil
- ☐ 2 onions red halved
- ☐ 1 cup water

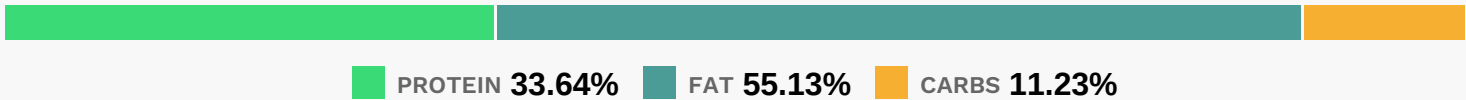
## Equipment

- ☐ frying pan
- ☐ pot
- ☐ dutch oven

## Directions

- ☐ Season all sides of the beef with a fair amount of salt and pepper. In a large Dutch oven or other heavy pot that has a tight cover; heat 2 tablespoons of the oil over moderately high heat. Brown the meat on all sides, taking the time to get a nice crust on the outside.
- ☐ Pour in the tomatoes and the water. Scatter the vegetables and herbs around the pot roast, season with salt and pepper; and drizzle with the remaining tablespoon of oil. Cover the pot and reduce the heat to low. Braise for about 3 hours, basting every 30 minutes with the pan juices, until the beef is fork tender.
- ☐ Slice the pot roast and arrange on platter surrounded by the vegetables.
- ☐ Serve with the pot juices.

## Nutrition Facts



## Properties

Glycemic Index:35.35, Glycemic Load:3.32, Inflammation Score:-10, Nutrition Score:28.06956556569%

## Flavonoids

Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg Luteolin: 0.32mg, Luteolin: 0.32mg, Luteolin: 0.32mg, Luteolin: 0.32mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol:

0.33mg, Kaempferol: 0.33mg, Kaempferol: 0.33mg, Kaempferol: 0.33mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 5.73mg, Quercetin: 5.73mg, Quercetin: 5.73mg, Quercetin: 5.73mg

Nutrients (% of daily need)

Calories: 403.04kcal (20.15%), Fat: 25.1g (38.61%), Saturated Fat: 9.36g (58.48%), Carbohydrates: 11.5g (3.83%), Net Carbohydrates: 8.49g (3.09%), Sugar: 5.65g (6.28%), Cholesterol: 117.37mg (39.12%), Sodium: 224.09mg (9.74%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 34.46g (68.91%), Vitamin A: 10309.5IU (206.19%), Zinc: 13.15mg (87.69%), Vitamin B12: 4.65µg (77.47%), Selenium: 36.65µg (52.36%), Vitamin B3: 8.81mg (44.04%), Vitamin B6: 0.84mg (41.95%), Phosphorus: 372.93mg (37.29%), Potassium: 937.2mg (26.78%), Iron: 4.39mg (24.36%), Vitamin B2: 0.36mg (21.03%), Vitamin B5: 1.52mg (15.19%), Vitamin K: 15.95µg (15.19%), Vitamin B1: 0.2mg (13.31%), Magnesium: 51.14mg (12.78%), Vitamin E: 1.87mg (12.47%), Copper: 0.25mg (12.35%), Fiber: 3.01g (12.03%), Manganese: 0.24mg (11.9%), Vitamin C: 9.75mg (11.82%), Folate: 28.59µg (7.15%), Calcium: 71.47mg (7.15%), Vitamin D: 0.19µg (1.29%)