



Braised Rump Roast and Vegetables

 **Gluten Free**  **Dairy Free**

READY IN



170 min.

SERVINGS



10

CALORIES



283 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 6 carrots peeled cut into 2-inch pieces
- 1 Tbsp maxwell house coffee instant
- 1 Tbsp oil
- 1 large onion cut into 8 wedges
- 0.3 tsp pepper
- 3 large potatoes peeled cut into quarters
- 2.5 lb beef rump roast
- 1 large tomatoes coarsely chopped

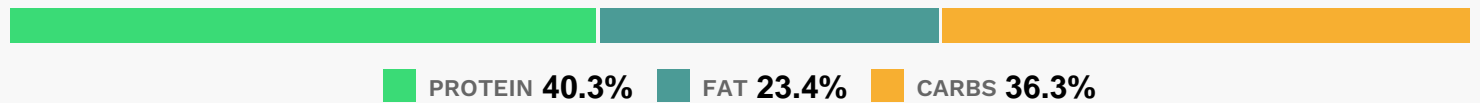
Equipment

- frying pan
- oven
- dutch oven

Directions

- Preheat oven to 325F.
- Heat oil in ovenproof nonstick Dutch oven on medium-high heat.
- Add roast; cook until browned on all sides.
- Combine coffee granules and 3/4 cup water; pour over roast. Season with salt and pepper.
- Add onions; cover pan with ovenproof lid.
- Bake 1-1/2 hours.
- Add potatoes, carrots and tomatoes; cover. Continue baking 45 min. to 1 hour or until roast is cooked through and tender.
- Remove roast and vegetables from the pan, reserving juices in pan.
- Cut roast across the grain into thin slices.
- Serve roast and vegetables topped with the reserved meat juices.

Nutrition Facts



Properties

Glycemic Index:22.76, Glycemic Load:15.82, Inflammation Score:-10, Nutrition Score:24.667391051417%

Flavonoids

Naringenin: 0.12mg, Naringenin: 0.12mg, Naringenin: 0.12mg, Naringenin: 0.12mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Isorhamnetin: 0.75mg, Isorhamnetin: 0.75mg, Isorhamnetin: 0.75mg, Isorhamnetin: 0.75mg Kaempferol: 1.09mg, Kaempferol: 1.09mg, Kaempferol: 1.09mg, Kaempferol: 1.09mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 4mg, Quercetin: 4mg, Quercetin: 4mg, Quercetin: 4mg

Nutrients (% of daily need)

Calories: 282.54kcal (14.13%), Fat: 7.27g (11.18%), Saturated Fat: 2.08g (13.02%), Carbohydrates: 25.36g (8.45%), Net Carbohydrates: 21.42g (7.79%), Sugar: 3.71g (4.13%), Cholesterol: 70.31mg (23.44%), Sodium: 97.1mg (4.22%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 15.7mg (5.23%), Protein: 28.16g (56.33%), Vitamin A: 6268.79IU (125.38%), Vitamin B6: 1.15mg (57.52%), Vitamin B3: 9.46mg (47.28%), Selenium: 31.92µg (45.6%), Vitamin B12: 2.1µg (34.96%), Zinc: 5.18mg (34.57%), Vitamin C: 27.57mg (33.42%), Phosphorus: 330.03mg (33%), Potassium: 1053.25mg (30.09%), Iron: 3.42mg (18.98%), Fiber: 3.95g (15.78%), Magnesium: 62.29mg (15.57%), Vitamin B1: 0.23mg (15.46%), Manganese: 0.29mg (14.63%), Vitamin B2: 0.25mg (14.47%), Copper: 0.27mg (13.26%), Folate: 45µg (11.25%), Vitamin K: 10.88µg (10.36%), Vitamin B5: 0.96mg (9.58%), Vitamin E: 0.94mg (6.26%), Calcium: 53.1mg (5.31%)