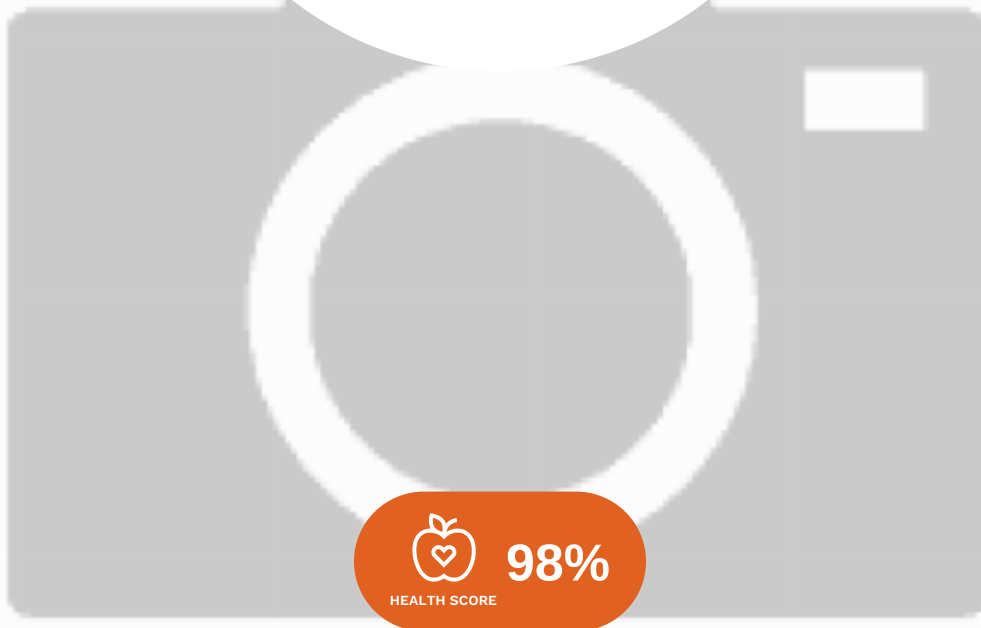




Brasato Stile Italiano (Pot Roast Italian Style)



Gluten Free



Dairy Free



Very Healthy

READY IN



240 min.

SERVINGS



6

CALORIES



487 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 3 pound bottom round roast
- ☐ 0.7 cup cabernet sauvignon wine
- ☐ 28 ounce canned tomatoes whole with juice, lightly crushed with hands and pulp removed canned
- ☐ 2 cups carrot chunks
- ☐ 3 celery stalks cut into 1-inch pieces
- ☐ 1 tablespoon basil dried
- ☐ 3 large cloves garlic minced
- ☐ 1 teaspoon sea salt to taste

- ☐ 2 teaspoons ground pepper black to taste
- ☐ 2 teaspoons kosher salt to taste
- ☐ 2 tablespoons olive oil
- ☐ 0.5 onion diced
- ☐ 2 tablespoons oregano dried
- ☐ 0.3 cup cooking sherry dry
- ☐ 5.5 ounce tomato-vegetable juice cocktail canned (such as V8®)
- ☐ 2 cups yukon gold potato chunks

Equipment

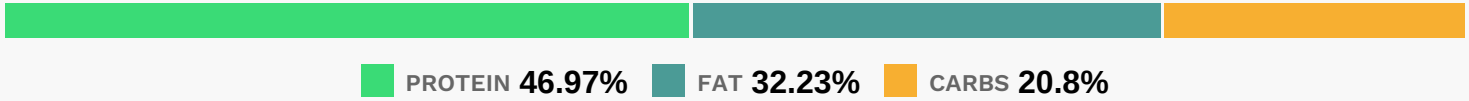
- ☐ bowl
- ☐ frying pan
- ☐ pot
- ☐ wooden spoon
- ☐ dutch oven

Directions

- ☐ Generously season roast on all sides with salt, black pepper, and granulated garlic.
- ☐ Heat olive oil in a large pot or Dutch oven over high heat until oil begins to smoke.
- ☐ Add roast to pot and sear to form a crust, about 5 minutes per side.
- ☐ Remove roast and lower heat to medium.
- ☐ Stir onions, celery, and garlic into pot; cook and stir, scraping any brown bits off the bottom, for 1 to 2 minutes.
- ☐ Add oregano and basil to onion mixture; cook until fragrant, about 1 minute.
- ☐ Pour dry sherry into onion mixture; bring to a boil while scraping any browned bits of food off of the bottom of the pan with a wooden spoon. Cook, stirring, until the liquid is reduced, about 5 minutes.
- ☐ Add canned tomatoes and cook until mixture just begins to bubble.
- ☐ Stir vegetable juice cocktail and wine into tomato mixture. Return roast and any accumulated juices to pot, reduce heat to low, cover, and simmer for 45 minutes.

- ☐ Stir potatoes, carrots, and onions into pot and simmer until meat and vegetables are tender, about 2 1/2 hours.
- ☐ Remove meat to rest; remove vegetables to a bowl. Slice meat and serve topped with vegetables and sauce.

Nutrition Facts



Properties

Glycemic Index:51.32, Glycemic Load:12.25, Inflammation Score:-10, Nutrition Score:38.986087052718%

Flavonoids

Petunidin: 0.89mg, Petunidin: 0.89mg, Petunidin: 0.89mg, Petunidin: 0.89mg Delphinidin: 1.11mg, Delphinidin: 1.11mg, Delphinidin: 1.11mg, Delphinidin: 1.11mg Malvidin: 7mg, Malvidin: 7mg, Malvidin: 7mg, Malvidin: 7mg Peonidin: 0.49mg, Peonidin: 0.49mg, Peonidin: 0.49mg, Peonidin: 0.49mg Catechin: 2.13mg, Catechin: 2.13mg, Catechin: 2.13mg, Catechin: 2.13mg Epicatechin: 2.9mg, Epicatechin: 2.9mg, Epicatechin: 2.9mg, Epicatechin: 2.9mg Hesperetin: 0.04mg, Hesperetin: 0.04mg, Hesperetin: 0.04mg, Hesperetin: 0.04mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg Kaempferol: 0.82mg, Kaempferol: 0.82mg, Kaempferol: 0.82mg, Kaempferol: 0.82mg Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg Quercetin: 3mg, Quercetin: 3mg, Quercetin: 3mg, Quercetin: 3mg

Nutrients (% of daily need)

Calories: 487.22kcal (24.36%), Fat: 16.25g (24.99%), Saturated Fat: 4.59g (28.69%), Carbohydrates: 23.59g (7.86%), Net Carbohydrates: 19.16g (6.97%), Sugar: 4.19g (4.65%), Cholesterol: 140.61mg (46.87%), Sodium: 943.11mg (41%), Alcohol: 3.83g (100%), Alcohol %: 0.86% (100%), Protein: 53.27g (106.54%), Vitamin A: 7292.67IU (145.85%), Vitamin B6: 1.87mg (93.7%), Selenium: 63.71µg (91.01%), Vitamin B3: 16.91mg (84.55%), Vitamin B12: 4.2µg (69.93%), Zinc: 9.97mg (66.46%), Phosphorus: 566.82mg (56.68%), Potassium: 1386.69mg (39.62%), Iron: 6.94mg (38.56%), Vitamin K: 36.83µg (35.08%), Vitamin C: 24.07mg (29.17%), Vitamin B2: 0.45mg (26.26%), Manganese: 0.52mg (26.13%), Magnesium: 93.84mg (23.46%), Vitamin B1: 0.33mg (21.93%), Copper: 0.39mg (19.42%), Fiber: 4.43g (17.71%), Folate: 64.38µg (16.09%), Vitamin B5: 1.47mg (14.67%), Vitamin E: 2.12mg (14.13%), Calcium: 121.18mg (12.12%)