



## Burgundy Pot Roast

 Dairy Free

READY IN



329 min.

SERVINGS



16

CALORIES



213 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 1 teaspoon pepper black freshly ground
- 7 carrots sliced into 1-inch pieces
- 5 celery stalks coarsely chopped
- 3 tablespoons flour all-purpose
- 4 garlic cloves minced
- 14 ounce less-sodium beef broth canned
- 2 teaspoons olive oil
- 4 cups onion sliced

- 3 plum tomatoes chopped
- 4 pound sirloin tip roast trimmed
- 1 pound potatoes red coarsely chopped
- 2 teaspoons salt
- 4 thyme sprigs
- 1 cup burgundy dry red

## Equipment

- bowl
- frying pan
- oven
- whisk
- dutch oven

## Directions

- Preheat oven to 32
- Heat oil in a large Dutch oven over medium-high heat.
- Sprinkle roast evenly with salt and pepper.
- Add roast to pan; cook 8 minutes or until browned on all sides.
- Remove roast from pan.
- Add onion and garlic to pan, and saut 6 minutes or until tender. Return roast to pan.
- Add broth, wine, and thyme to pan; bring to a simmer. Cover and bake at 325 for 1 hour.
- Add carrot and next 3 ingredients to pan. Cover and bake an additional 3 1/2 hours or until vegetables and roast are tender.
- Remove roast and vegetables to a serving dish, reserving juices in pan; discard thyme sprigs.
- Combine flour and 1/2 cup pan juices in a small bowl, stirring with a whisk. Return mixture to pan. Bring to a simmer over medium heat; cook 15 minutes or until thick. Slice or shred roast; serve with vegetables and gravy.

## Nutrition Facts



PROTEIN 53% FAT 20.44% CARBS 26.56%

## Properties

Glycemic Index:20.36, Glycemic Load:2.67, Inflammation Score:-10, Nutrition Score:19.608695693638%

## Flavonoids

Petunidin: 0.5mg, Petunidin: 0.5mg, Petunidin: 0.5mg, Petunidin: 0.5mg Delphinidin: 0.63mg, Delphinidin: 0.63mg, Delphinidin: 0.63mg, Delphinidin: 0.63mg Malvidin: 3.94mg, Malvidin: 3.94mg, Malvidin: 3.94mg, Malvidin: 3.94mg Peonidin: 0.28mg, Peonidin: 0.28mg, Peonidin: 0.28mg, Peonidin: 0.28mg Catechin: 1.15mg, Catechin: 1.15mg, Catechin: 1.15mg, Catechin: 1.15mg Epicatechin: 1.6mg, Epicatechin: 1.6mg, Epicatechin: 1.6mg, Epicatechin: 1.6mg Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg Isorhamnetin: 2.01mg, Isorhamnetin: 2.01mg, Isorhamnetin: 2.01mg, Isorhamnetin: 2.01mg Kaempferol: 0.34mg, Kaempferol: 0.34mg, Kaempferol: 0.34mg, Kaempferol: 0.34mg Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg Quercetin: 8.53mg, Quercetin: 8.53mg, Quercetin: 8.53mg, Quercetin: 8.53mg

## Nutrients (% of daily need)

Calories: 212.62kcal (10.63%), Fat: 4.49g (6.91%), Saturated Fat: 1.41g (8.84%), Carbohydrates: 13.14g (4.38%), Net Carbohydrates: 10.95g (3.98%), Sugar: 3.66g (4.07%), Cholesterol: 62.37mg (20.79%), Sodium: 428.84mg (18.65%), Alcohol: 1.58g (100%), Alcohol %: 0.75% (100%), Protein: 26.22g (52.45%), Vitamin A: 4576.27IU (91.53%), Selenium: 33.62µg (48.03%), Vitamin B6: 0.87mg (43.33%), Vitamin B3: 8.01mg (40.06%), Zinc: 4.96mg (33.04%), Phosphorus: 274.65mg (27.47%), Vitamin B12: 1.42µg (23.62%), Potassium: 743.12mg (21.23%), Iron: 2.56mg (14.24%), Vitamin B2: 0.2mg (11.85%), Vitamin B1: 0.18mg (11.74%), Vitamin C: 9.24mg (11.2%), Magnesium: 42.06mg (10.51%), Manganese: 0.2mg (10.11%), Copper: 0.19mg (9.52%), Vitamin B5: 0.94mg (9.4%), Folate: 36.3µg (9.08%), Fiber: 2.19g (8.76%), Vitamin K: 7.56µg (7.2%), Calcium: 48.5mg (4.85%), Vitamin E: 0.63mg (4.23%)