

Chinese Pot Roast

 Gluten Free  Dairy Free

READY IN



195 min.

SERVINGS



6

CALORIES



643 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 4 pound beef chuck boneless
- 1 teaspoon celery seed
- 2 tablespoons cornstarch
- 1 tablespoon garlic salt
- 1 teaspoon ground ginger
- 1 tablespoon ground pepper black
- 0.3 cup honey
- 1 teaspoon ground mustard dry

- 0.8 cup soya sauce
- 1 tablespoon vegetable oil
- 0.3 cup water cold
- 3 cups water
- 3 tablespoons vinegar white

Equipment

- bowl
- frying pan
- oven
- aluminum foil
- dutch oven

Directions

- Preheat the oven to 325 degrees F (165 degrees C).
- Coat the chuck roast with garlic salt, pepper and mustard powder.
- Heat the oil in a large oven-proof skillet or Dutch oven over medium-high heat.
- Add the roast and brown on both sides, about 5 minutes per side.
- In a medium bowl, stir together 3 cups of water, soy sauce, vinegar, honey, ginger and celery seed.
- Pour over the roast and then cover the roast tightly with a lid or aluminum foil.
- Bake in the preheated oven until the roast is very tender, 2 1/2 to 3 hours.
- When the roast is done, remove it from the pan to a serving plate. Set the pan of drippings over medium-high heat and bring to a boil. Stir together cornstarch and 1/4 cup of cold water.
- Pour into the boiling liquid and stir until thickened, about 1 minute.
- Serve the roast with the gravy poured over.

Nutrition Facts



Properties

Glycemic Index:24.88, Glycemic Load:6.4, Inflammation Score:-3, Nutrition Score:30.876956662406%

Flavonoids

Apigenin: 0.26mg, Apigenin: 0.26mg, Apigenin: 0.26mg, Apigenin: 0.26mg Luteolin: 2.54mg, Luteolin: 2.54mg, Luteolin: 2.54mg, Luteolin: 2.54mg

Nutrients (% of daily need)

Calories: 642.91kcal (32.15%), Fat: 37.26g (57.33%), Saturated Fat: 15.63g (97.7%), Carbohydrates: 16.8g (5.6%), Net Carbohydrates: 16.14g (5.87%), Sugar: 12.14g (13.48%), Cholesterol: 208.65mg (69.55%), Sodium: 3035.86mg (131.99%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 61.38g (122.76%), Zinc: 22.98mg (153.21%), Vitamin B12: 8.26µg (137.59%), Selenium: 63.72µg (91.04%), Vitamin B3: 14.31mg (71.54%), Phosphorus: 617.18mg (61.72%), Vitamin B6: 1.23mg (61.44%), Iron: 7.41mg (41.16%), Potassium: 1098.07mg (31.37%), Vitamin B2: 0.49mg (28.95%), Manganese: 0.47mg (23.35%), Vitamin B5: 1.99mg (19.94%), Magnesium: 75.93mg (18.98%), Vitamin B1: 0.22mg (14.78%), Copper: 0.27mg (13.68%), Vitamin K: 10.36µg (9.87%), Calcium: 74.74mg (7.47%), Vitamin E: 0.79mg (5.27%), Folate: 15.36µg (3.84%), Fiber: 0.66g (2.66%), Vitamin D: 0.3µg (2.02%)