

Chuck and Potato Bake

 **Gluten Free**

READY IN



200 min.

SERVINGS



8

CALORIES



568 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 3.5 pounds beef chuck boneless
- 1 pound carrots peeled cut into chunks
- 10.8 ounce cream of mushroom soup with roasted garlic canned
- 3 tablespoons chives fresh chopped
- 1 pound mushrooms fresh quartered
- 6 potatoes quartered
- 0.5 cup cheddar cheese shredded

Equipment

- bowl
- oven
- baking pan
- aluminum foil

Directions

- Preheat an oven to 350 degrees F (175 degrees C).
- Place chuck roast in a 9x13 inch baking dish with high sides. Roast for 1 hour in preheated oven. Spoon off any fat that has accumulated.
- Combine the 2 cans of mushroom soup and the chives in a large bowl.
- Remove roast from oven, and scatter the potatoes, carrots, and mushrooms around the roast.
- Pour the soup mixture over the meat and vegetables. Cover with aluminum foil.
- Return the baking dish to the oven to roast for 2 additional hours. Uncover, and sprinkle with the grated Cheddar cheese. Return to the oven until the cheese melts, about 5 minutes.

Nutrition Facts

PROTEIN 32.6% **FAT 41.47%** **CARBS 25.93%**

Properties

Glycemic Index:29.32, Glycemic Load:22.7, Inflammation Score:-10, Nutrition Score:40.176087037377%

Flavonoids

Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Isorhamnetin: 0.08mg, Isorhamnetin: 0.08mg, Isorhamnetin: 0.08mg, Isorhamnetin: 0.08mg Kaempferol: 1.53mg, Kaempferol: 1.53mg, Kaempferol: 1.53mg, Kaempferol: 1.53mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 1.29mg, Quercetin: 1.29mg, Quercetin: 1.29mg, Quercetin: 1.29mg

Nutrients (% of daily need)

Calories: 568.32kcal (28.42%), Fat: 26.58g (40.89%), Saturated Fat: 11.91g (74.43%), Carbohydrates: 37.39g (12.46%), Net Carbohydrates: 31.62g (11.5%), Sugar: 5.1g (5.67%), Cholesterol: 145.9mg (48.63%), Sodium: 528.6mg (22.98%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 47g (94.01%), Vitamin A: 9620.87IU (192.42%), Zinc: 16.5mg (110.01%), Vitamin B12: 5.58µg (92.93%), Selenium: 48.7µg (69.57%), Vitamin B6: 1.39mg (69.51%), Vitamin B3: 13.22mg (66.11%), Phosphorus: 578.77mg (57.88%), Potassium: 1749.9mg (50%), Vitamin C: 36.66mg (44.44%), Vitamin B2: 0.65mg (38.53%), Iron: 6.12mg (34.02%), Copper: 0.58mg (28.98%), Vitamin B5: 2.8mg (28%),

Manganese: 0.49mg (24.56%), Vitamin B1: 0.35mg (23.51%), Fiber: 5.77g (23.09%), Magnesium: 91.4mg (22.85%),
Vitamin K: 16.06µg (15.3%), Folate: 57.26µg (14.31%), Calcium: 125.81mg (12.58%), Vitamin E: 0.83mg (5.52%),
Vitamin D: 0.35µg (2.36%)