



 **19%**
HEALTH SCORE

Chuck Roast with Homemade Noodles

READY IN



180 min.

SERVINGS



8

CALORIES



414 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 3 pounds beef chuck boneless
- 0.5 cup onion chopped
- 2 tablespoons canola oil
- 3 cups water divided
- 1 cup flour all-purpose
- 0.5 teaspoon salt
- 1 eggs
- 2 tablespoons milk
- 14 ounces beef broth canned

1 serving bell pepper to taste

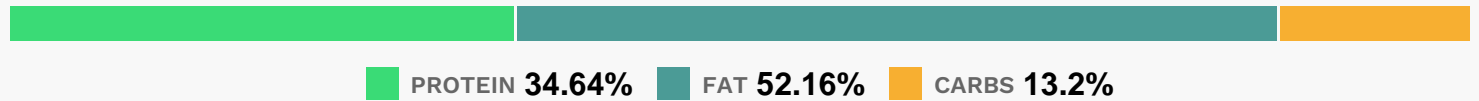
Equipment

- bowl
- frying pan
- oven
- dutch oven

Directions

- In a Dutch oven, brown roast and onion in oil.
- Add 1 cup water. Cover and bake at 325° for 2-1/2 to 3 hours or until the meat is tender.
- Meanwhile, for noodles, combine flour and salt in a bowl; make a well in the center. Beat egg and milk; pour into well. Stir to form a stiff dough. Turn onto a well-floured surface; roll into a 15x12-in. rectangle.
- Cut into 1/8-in. strips. Cover and refrigerate until ready to cook.
- Remove roast and keep warm; add broth and remaining water to pan. Bring to a boil; add noodles. Cook for 8-10 minutes or until tender.
- Drain; season with pepper.
- Serve with the roast.

Nutrition Facts



Properties

Glycemic Index:21.5, Glycemic Load:9.02, Inflammation Score:-5, Nutrition Score:22.593913213066%

Flavonoids

Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Quercetin: 2.05mg, Quercetin: 2.05mg, Quercetin: 2.05mg, Quercetin: 2.05mg

Nutrients (% of daily need)

Calories: 414kcal (20.7%), Fat: 23.97g (36.88%), Saturated Fat: 9.16g (57.28%), Carbohydrates: 13.65g (4.55%), Net Carbohydrates: 12.87g (4.68%), Sugar: 1.06g (1.18%), Cholesterol: 138.28mg (46.09%), Sodium: 482.43mg (20.98%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 35.82g (71.64%), Zinc: 13.04mg (86.91%), Vitamin B12: 4.75µg (79.13%), Selenium: 42.5µg (60.72%), Vitamin B3: 8.78mg (43.88%), Phosphorus: 364.81mg (36.48%), Vitamin B6: 0.71mg (35.7%), Iron: 4.51mg (25.03%), Vitamin B2: 0.38mg (22.07%), Potassium: 655.73mg (18.74%), Vitamin B1: 0.25mg (16.66%), Vitamin C: 12.66mg (15.35%), Vitamin B5: 1.26mg (12.63%), Folate: 43.46µg (10.86%), Magnesium: 40.87mg (10.22%), Manganese: 0.15mg (7.7%), Vitamin E: 1.15mg (7.69%), Copper: 0.15mg (7.5%), Vitamin A: 349.66IU (6.99%), Vitamin K: 5.62µg (5.35%), Calcium: 47.63mg (4.76%), Fiber: 0.79g (3.15%), Vitamin D: 0.32µg (2.14%)