



Classic Beef Pot Roast

 **Gluten Free**  **Dairy Free**

READY IN



45 min.

SERVINGS



10

CALORIES



367 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 bay leaves
- 0.3 teaspoon pepper black freshly ground
- 4 large carrots peeled
- 3 pound beef chuck boneless trimmed
- 1 cup wine dry red
- 3 garlic clove chopped
- 1 teaspoon kosher salt
- 14 ounce less-sodium beef broth fat-free canned

- 1 teaspoon olive oil
- 2 cups onion coarsely chopped
- 4 thyme sprigs
- 2 pounds yukon gold potatoes peeled cut into 2-inch pieces

Equipment

- frying pan
- oven
- dutch oven

Directions

- Preheat oven to 350
- Heat olive oil in a large Dutch oven over medium-high heat.
- Sprinkle chuck roast with salt and pepper.
- Add roast to pan; cook 5 minutes, turning to brown on all sides.
- Remove roast from pan.
- Add onion to pan; saut 8 minutes or until tender.
- Return browned roast to pan.
- Add the red wine, thyme sprigs, chopped garlic, beef broth, and bay leaf to pan; bring to a simmer. Cover pan and bake at 350 for 1 1/2 hours or until the roast is almost tender.
- Add carrots and potatoes to pan. Cover and bake an additional 1 hour or until vegetables are tender.
- Remove thyme sprigs and bay leaf from pan; discard. Shred meat with 2 forks.
- Serve roast with vegetable mixture and cooking liquid.
- Garnish with thyme leaves, if desired.

Nutrition Facts



Properties

Glycemic Index:26.46, Glycemic Load:13.28, Inflammation Score:-10, Nutrition Score:25.193043187909%

Flavonoids

Petunidin: 0.8mg, Petunidin: 0.8mg, Petunidin: 0.8mg, Petunidin: 0.8mg Delphinidin: 1mg, Delphinidin: 1mg, Delphinidin: 1mg, Delphinidin: 1mg Malvidin: 6.3mg, Malvidin: 6.3mg, Malvidin: 6.3mg, Malvidin: 6.3mg Peonidin: 0.44mg, Peonidin: 0.44mg, Peonidin: 0.44mg, Peonidin: 0.44mg Catechin: 1.85mg, Catechin: 1.85mg, Catechin: 1.85mg, Catechin: 1.85mg Epicatechin: 2.56mg, Epicatechin: 2.56mg, Epicatechin: 2.56mg, Epicatechin: 2.56mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg Isorhamnetin: 1.61mg, Isorhamnetin: 1.61mg, Isorhamnetin: 1.61mg, Isorhamnetin: 1.61mg Kaempferol: 1.01mg, Kaempferol: 1.01mg, Kaempferol: 1.01mg, Kaempferol: 1.01mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 7.35mg, Quercetin: 7.35mg, Quercetin: 7.35mg, Quercetin: 7.35mg

Nutrients (% of daily need)

Calories: 367.24kcal (18.36%), Fat: 16.22g (24.95%), Saturated Fat: 6.97g (43.54%), Carbohydrates: 22.66g (7.55%), Net Carbohydrates: 19.22g (6.99%), Sugar: 3.44g (3.82%), Cholesterol: 93.89mg (31.3%), Sodium: 442.34mg (19.23%), Alcohol: 2.52g (100%), Alcohol %: 0.9% (100%), Protein: 29.32g (58.63%), Vitamin A: 4851.45IU (97.03%), Zinc: 10.64mg (70.93%), Vitamin B12: 3.71µg (61.92%), Vitamin B6: 0.88mg (43.99%), Selenium: 28.62µg (40.89%), Vitamin B3: 7.17mg (35.87%), Phosphorus: 330.15mg (33.01%), Potassium: 1058.78mg (30.25%), Vitamin C: 22.86mg (27.71%), Iron: 3.79mg (21.06%), Vitamin B2: 0.25mg (14.98%), Fiber: 3.44g (13.75%), Magnesium: 54.34mg (13.59%), Manganese: 0.26mg (13.23%), Vitamin B1: 0.2mg (13.21%), Vitamin B5: 1.23mg (12.3%), Copper: 0.21mg (10.61%), Vitamin K: 8.03µg (7.65%), Folate: 30.38µg (7.6%), Calcium: 54.59mg (5.46%), Vitamin E: 0.52mg (3.49%)