



 14%  
HEALTH SCORE

## Classic Pot Roast

 Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



340 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- 2 pounds beef chuck
- 6 servings salt and pepper
- 2 tablespoons vegetable oil
- 2 inches onion sliced
- 20 inches baby carrots
- 3 inches celery stalks cut into one pieces
- 8 ounces beer
- 2 sprigs thyme sprigs fresh

- 1 cup beef stock
- 1 tablespoon worcestershire sauce

## Equipment

- frying pan
- oven
- dutch oven

## Directions

- Heat a cast iron skillet or dutch oven to medium high heat, and preheat the oven to 325 degrees.
- Trim excess fat off the chuck roast and season all over with salt and pepper, then coat the meat with canola oil, rubbing all sides of it.
- Sear the meat in the skillet, browning for several minutes on all sides.
- Remove the meat and set aside, then add the vegetables.
- Saute for several minutes and season with salt and pepper.
- Deglaze the pan with beer and let reduce for several minutes.
- Add the beef back to the pan and add the thyme, stock and Worcestershire.
- Cover the pan and place in the oven and let cook for 6-8 hours, until the meat is fork tender.
- Serve with steamed potatoes or crusty bread.

## Nutrition Facts



## Properties

Glycemic Index:24.08, Glycemic Load:0.58, Inflammation Score:-8, Nutrition Score:18.644782608696%

## Flavonoids

Catechin: 0.14mg, Catechin: 0.14mg, Catechin: 0.14mg, Catechin: 0.14mg Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg Isorhamnetin: 0.04mg

Isorhamnetin: 0.04mg, Isorhamnetin: 0.04mg, Isorhamnetin: 0.04mg Kaempferol: 0.31mg, Kaempferol: 0.31mg, Kaempferol: 0.31mg, Kaempferol: 0.31mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.18mg, Quercetin: 0.18mg, Quercetin: 0.18mg, Quercetin: 0.18mg Gallocatechin: 0.03mg, Gallocatechin: 0.03mg, Gallocatechin: 0.03mg, Gallocatechin: 0.03mg

## Taste

Sweetness: 21.43%, Saltiness: 100%, Sourness: 36.08%, Bitterness: 69.25%, Savoriness: 58.94%, Fattiness: 53.72%, Spiciness: 0%

## Nutrients (% of daily need)

Calories: 339.68kcal (16.98%), Fat: 21.95g (33.76%), Saturated Fat: 8.33g (52.08%), Carbohydrates: 3.26g (1.09%), Net Carbohydrates: 2.93g (1.07%), Sugar: 0.96g (1.06%), Cholesterol: 104.33mg (34.78%), Sodium: 441.49mg (19.2%), Alcohol: 1.47g (8.19%), Protein: 30.05g (60.1%), Zinc: 11.47mg (76.47%), Vitamin B12: 4.14µg (68.92%), Selenium: 31.95µg (45.65%), Vitamin B3: 7.16mg (35.79%), Vitamin B6: 0.63mg (31.52%), Phosphorus: 308.43mg (30.84%), Vitamin A: 1211IU (24.22%), Iron: 3.55mg (19.73%), Potassium: 635.52mg (18.16%), Vitamin B2: 0.27mg (16.14%), Vitamin K: 11.84µg (11.28%), Vitamin B5: 0.98mg (9.83%), Magnesium: 35.77mg (8.94%), Vitamin B1: 0.12mg (8.01%), Copper: 0.13mg (6.55%), Vitamin E: 0.67mg (4.45%), Calcium: 38.33mg (3.83%), Folate: 10.88µg (2.72%), Manganese: 0.04mg (1.98%), Vitamin C: 1.22mg (1.48%), Fiber: 0.33g (1.31%), Vitamin D: 0.15µg (1.01%)