



## Cola Pot Roast



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



587 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- ☐ 1.5 lb carrots diagonally sliced
- ☐ 3 lb chuck roast boneless trimmed
- ☐ 12 oz cola drink soft canned
- ☐ 2 tablespoons cornstarch
- ☐ 8 garlic cloves minced
- ☐ 1 teaspoon coarsely ground pepper fresh
- ☐ 1 optional: lemon thinly sliced
- ☐ 1 medium onion chopped

- ☐ 2 large onions cut into eighths
- ☐ 1 cup soya sauce
- ☐ 3 tablespoons vegetable oil divided
- ☐ 3 lb yukon gold potatoes peeled cut into eighths

## Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ whisk
- ☐ roasting pan
- ☐ aluminum foil

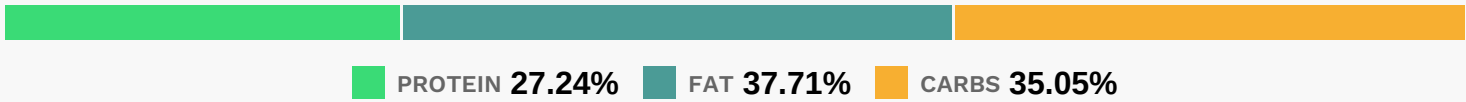
## Directions

- ☐ Combine cola, next 4 ingredients, and 2 Tbsp. oil in a large zip-top plastic freezer bag.
- ☐ Add roast, turning to coat. Seal and chill at least 8 hours or up to 24 hours.
- ☐ Remove roast from marinade, reserving marinade.
- ☐ Sprinkle roast evenly with pepper.
- ☐ Brown roast 4 minutes on each side in remaining 1 Tbsp. hot oil in a large heavy-duty roasting pan over medium-high heat.
- ☐ Add reserved marinade, stirring to loosen particles from bottom of pan. Bring to a boil.
- ☐ Remove from heat, and cover with heavy-duty aluminum foil.
- ☐ Bake at 300 for 2 1/2 hours. Turn roast, and stir in carrots, potatoes, and onions.
- ☐ Bake 2 more hours or until roast and vegetables are tender.
- ☐ Transfer roast and vegetables to a serving platter. Skim fat from juices in roasting pan.
- ☐ Whisk together cornstarch and 1/2 cup water in a small bowl until smooth.
- ☐ Whisk cornstarch mixture into juices in pan; cook over medium-high heat 5 minutes or until thickened, whisking to loosen particles.
- ☐ Drizzle 1/2 cup gravy over roast.

☐

Serve remaining gravy with meat and vegetables.

# Nutrition Facts



## Properties

Glycemic Index:43.76, Glycemic Load:28.81, Inflammation Score:-10, Nutrition Score:38.586087097292%

## Flavonoids

Eriodictyol: 2.88mg, Eriodictyol: 2.88mg, Eriodictyol: 2.88mg, Eriodictyol: 2.88mg Hesperetin: 3.77mg, Hesperetin: 3.77mg, Hesperetin: 3.77mg, Hesperetin: 3.77mg Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.36mg, Luteolin: 0.36mg, Luteolin: 0.36mg, Luteolin: 0.36mg Isorhamnetin: 2.57mg, Isorhamnetin: 2.57mg, Isorhamnetin: 2.57mg, Isorhamnetin: 2.57mg Kaempferol: 1.91mg, Kaempferol: 1.91mg, Kaempferol: 1.91mg, Kaempferol: 1.91mg Myricetin: 0.17mg, Myricetin: 0.17mg, Myricetin: 0.17mg, Myricetin: 0.17mg Quercetin: 11.98mg, Quercetin: 11.98mg, Quercetin: 11.98mg, Quercetin: 11.98mg

## Nutrients (% of daily need)

Calories: 587.37kcal (29.37%), Fat: 25.14g (38.67%), Saturated Fat: 9.46g (59.14%), Carbohydrates: 52.57g (17.52%), Net Carbohydrates: 44.82g (16.3%), Sugar: 12.21g (13.56%), Cholesterol: 117.37mg (39.12%), Sodium: 1831.37mg (79.62%), Alcohol: Og (100%), Alcohol %: 0% (100%), Caffeine: 3.4mg (1.13%), Protein: 40.86g (81.73%), Vitamin A: 14239.36IU (284.79%), Zinc: 13.76mg (91.71%), Vitamin B12: 4.64µg (77.39%), Vitamin B6: 1.44mg (71.94%), Vitamin C: 50.41mg (61.1%), Vitamin B3: 11.23mg (56.13%), Selenium: 36.71µg (52.45%), Phosphorus: 512.43mg (51.24%), Potassium: 1724.18mg (49.26%), Manganese: 0.7mg (34.89%), Iron: 6.13mg (34.06%), Fiber: 7.75g (31%), Vitamin K: 27.05µg (25.77%), Magnesium: 100.69mg (25.17%), Vitamin B2: 0.41mg (24.4%), Vitamin B1: 0.36mg (23.79%), Copper: 0.4mg (20.18%), Vitamin B5: 2mg (19.99%), Folate: 65.05µg (16.26%), Calcium: 105.92mg (10.59%), Vitamin E: 1.35mg (9.03%), Vitamin D: 0.17µg (1.13%)