



HEALTH SCORE

52%

Company Pot Roast with Creamy Mushroom Grits



Gluten Free



Dairy Free

READY IN



540 min.

SERVINGS



6

CALORIES



1037 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 4 slices bacon thick
- ☐ 0.3 cup balsamic vinegar
- ☐ 2 teaspoons pepper black freshly ground
- ☐ 0.3 cup firmly brown sugar light packed
- ☐ 1 pound carrots cut into 4-inch sticks
- ☐ 1 cup chicken broth
- ☐ 4 lb chuck roast boneless trimmed

- ☐ 1 tablespoon cornstarch
- ☐ 1 cup cooking wine dry red
- ☐ 1 leaf garnish: flat parsley sprigs fresh
- ☐ 3 garlic cloves minced
- ☐ 6 servings creamy mushroom grits
- ☐ 1.5 teaspoons kosher salt
- ☐ 6 medium leeks
- ☐ 2 tablespoons olive oil
- ☐ 1 pound parsnips cut into 4-inch sticks

Equipment

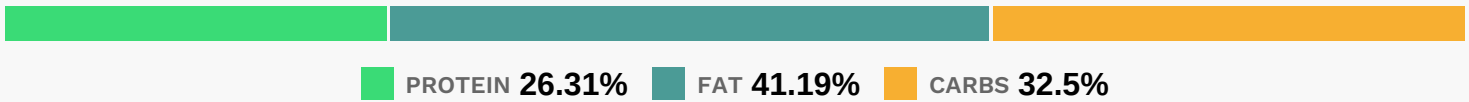
- ☐ bowl
- ☐ frying pan
- ☐ paper towels
- ☐ sauce pan
- ☐ slow cooker
- ☐ cutting board

Directions

- ☐ Remove and discard root ends and dark green tops of leeks.
- ☐ Cut a slit lengthwise, and rinse thoroughly under cold running water to remove grit and sand.
- ☐ Place leeks in a lightly greased 5- to 6-qt. slow cooker.
- ☐ Cook bacon in a large skillet over medium heat 6 to 8 minutes or until crisp.
- ☐ Remove bacon, and drain on paper towels, reserving 3 Tbsp. hot drippings in skillet. Crumble bacon.
- ☐ Sprinkle roast with pepper and salt.
- ☐ Add olive oil to hot drippings in skillet.
- ☐ Place roast in skillet, and cook over medium-high heat 2 to 3 minutes on each side or until browned.

- ☐ Transfer roast to slow cooker, reserving 1 Tbsp. drippings in skillet.
- ☐ Add garlic to hot drippings, and saut 30 seconds.
- ☐ Add brown sugar, stirring until sugar melts.
- ☐ Add wine and balsamic vinegar, and cook 2 minutes, stirring to loosen particles from bottom of skillet.
- ☐ Pour mixture over roast, and top with carrots and parsnips.
- ☐ Cover and cook on LOW 8 to 10 hours or until meat shreds easily with a fork.
- ☐ Transfer roast to a cutting board; cut into large chunks, removing any large pieces of fat.
- ☐ Transfer roast and vegetables to a platter, and keep warm.
- ☐ Skim fat from juices in slow cooker, and transfer juices to a 2-qt. saucepan.
- ☐ Add broth, and bring to a boil over medium-high heat. Stir together cornstarch and 2 Tbsp. water in a small bowl until smooth; add to pan, stirring until blended. Boil 1 minute.
- ☐ Add salt and pepper to taste.
- ☐ Serve gravy with roast and vegetables over Creamy Mushroom Grits. Top with crumbled bacon.

Nutrition Facts



Properties

Glycemic Index:45.81, Glycemic Load:12.51, Inflammation Score:-10, Nutrition Score:51.214348264362%

Flavonoids

Petunidin: 1.33mg, Petunidin: 1.33mg, Petunidin: 1.33mg, Petunidin: 1.33mg Delphinidin: 1.67mg, Delphinidin: 1.67mg, Delphinidin: 1.67mg, Delphinidin: 1.67mg Malvidin: 10.5mg, Malvidin: 10.5mg, Malvidin: 10.5mg, Malvidin: 10.5mg Peonidin: 0.74mg, Peonidin: 0.74mg, Peonidin: 0.74mg, Peonidin: 0.74mg Catechin: 3.08mg, Catechin: 3.08mg, Catechin: 3.08mg, Catechin: 3.08mg Epicatechin: 4.26mg, Epicatechin: 4.26mg, Epicatechin: 4.26mg, Epicatechin: 4.26mg Apigenin: 0.36mg, Apigenin: 0.36mg, Apigenin: 0.36mg, Apigenin: 0.36mg Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg Kaempferol: 2.57mg, Kaempferol: 2.57mg, Kaempferol: 2.57mg, Kaempferol: 2.57mg Myricetin: 0.39mg, Myricetin: 0.39mg, Myricetin: 0.39mg, Myricetin: 0.39mg Quercetin: 1.25mg, Quercetin: 1.25mg, Quercetin: 1.25mg, Quercetin: 1.25mg

Nutrients (% of daily need)

Calories: 1036.91kcal (51.85%), Fat: 46.46g (71.48%), Saturated Fat: 18.01g (112.59%), Carbohydrates: 82.48g (27.49%), Net Carbohydrates: 74.21g (26.99%), Sugar: 25.1g (27.88%), Cholesterol: 219.12mg (73.04%), Sodium: 1154mg (50.17%), Alcohol: 4.2g (100%), Alcohol %: 0.75% (100%), Protein: 66.76g (133.53%), Vitamin A: 14259.96IU (285.2%), Zinc: 23.88mg (159.19%), Vitamin B12: 8.34µg (138.94%), Selenium: 74.79µg (106.84%), Vitamin B6: 1.66mg (83%), Vitamin B3: 15.88mg (79.41%), Vitamin K: 80.13µg (76.32%), Phosphorus: 740.77mg (74.08%), Manganese: 1.19mg (59.49%), Iron: 9.64mg (53.53%), Potassium: 1827.21mg (52.21%), Vitamin B2: 0.6mg (35.32%), Vitamin C: 28.68mg (34.77%), Folate: 133.53µg (33.38%), Fiber: 8.26g (33.06%), Magnesium: 130.51mg (32.63%), Vitamin B1: 0.47mg (31.61%), Vitamin B5: 2.95mg (29.5%), Vitamin E: 3.78mg (25.19%), Copper: 0.48mg (24.07%), Calcium: 179.46mg (17.95%), Vitamin D: 0.36µg (2.41%)