



## Country Pot Roast

 Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



654 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 1 bay leaves crushed
- 4 pound beef chuck
- 8 small carrots
- 0.3 cup flour all-purpose
- 1 clove garlic minced
- 0.3 cup bell pepper green chopped
- 8 small onion
- 0.1 teaspoon pepper

- 8 small potatoes
- 2 teaspoons salt
- 2 medium turnip quartered
- 3 tablespoons shortening crisco®
- 0.5 cup water cold

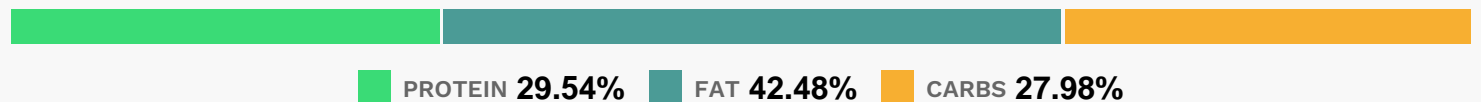
## Equipment

- pot
- dutch oven

## Directions

- Combine 1/3 cup flour, salt, and pepper; coat meat evenly.
- Melt Crisco in a Dutch oven over medium heat. Brown meat well on all sides.
- Add 2 cups water and bay leaf. Cover and simmer for 2 hours; do not boil. If needed, add water during cooking.
- Peel onions and pare potatoes, carrots, and turnips.
- When meat has simmered for 2 hours, add vegetables to Dutch oven. Cover and simmer for 1 hour or until meat and vegetables are tender.
- Remove meat and vegetables and arrange on a heated platter; keep warm. Strain liquid and add water, if necessary, to make 1-1/2 cups liquid. Return to Dutch oven.
- Blend 1/2 cup cold water and 1/4 cup flour until smooth. Slowly stir into pot roast liquid. Cook and stir until gravy thickens and comes to boiling. Cook and stir for 1 minute.
- Serve with meat.

## Nutrition Facts



## Properties

Glycemic Index:47.2, Glycemic Load:28.01, Inflammation Score:-10, Nutrition Score:41.276521858962%

## Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.29mg, Luteolin: 0.29mg, Luteolin: 0.29mg, Luteolin: 0.29mg Isorhamnetin: 3.51mg, Isorhamnetin: 3.51mg, Isorhamnetin: 3.51mg, Isorhamnetin: 3.51mg Kaempferol: 1.94mg, Kaempferol: 1.94mg, Kaempferol: 1.94mg, Kaempferol: 1.94mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 15.61mg, Quercetin: 15.61mg, Quercetin: 15.61mg, Quercetin: 15.61mg

## **Nutrients (% of daily need)**

Calories: 654.43kcal (32.72%), Fat: 31.26g (48.09%), Saturated Fat: 12.74g (79.61%), Carbohydrates: 46.34g (15.45%), Net Carbohydrates: 39.26g (14.27%), Sugar: 7.95g (8.83%), Cholesterol: 156.49mg (52.16%), Sodium: 834.23mg (36.27%), Alcohol: 0g (100%), Protein: 48.91g (97.83%), Vitamin A: 8405.49IU (168.11%), Zinc: 17.91mg (119.41%), Vitamin B12: 6.19µg (103.19%), Vitamin B6: 1.57mg (78.39%), Selenium: 49.22µg (70.32%), Vitamin C: 51.89mg (62.9%), Vitamin B3: 12.55mg (62.75%), Phosphorus: 577.37mg (57.74%), Potassium: 1803.55mg (51.53%), Iron: 6.65mg (36.96%), Fiber: 7.08g (28.33%), Vitamin B2: 0.46mg (27.14%), Vitamin B1: 0.4mg (26.54%), Manganese: 0.53mg (26.53%), Magnesium: 100.2mg (25.05%), Vitamin B5: 2.24mg (22.36%), Copper: 0.41mg (20.54%), Folate: 69.03µg (17.26%), Vitamin K: 16.51µg (15.72%), Calcium: 103.53mg (10.35%), Vitamin E: 1.12mg (7.44%), Vitamin D: 0.23µg (1.51%)