



## Cranberry Pot Roast by Michelle

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

READY IN



165 min.

SERVINGS



8

CALORIES



435 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 3 tablespoons apple cider vinegar
- 3 pound beef chuck boneless
- 16 ounce tomato sauce canned
- 1 tablespoon horseradish prepared
- 1 teaspoon ground mustard dry
- 0.3 cup red wine
- 1 tablespoon vegetable oil
- 16 ounce roasted cranberry sauce canned

# Equipment

## Nutrition Facts

■ PROTEIN **31.13%** ■ FAT **44.59%** ■ CARBS **24.28%**

### Properties

Glycemic Index:16.88, Glycemic Load:1.07, Inflammation Score:-4, Nutrition Score:21.112608695652%

### Flavonoids

Cyanidin: 0.07mg, Cyanidin: 0.07mg, Cyanidin: 0.07mg, Cyanidin: 0.07mg Petunidin: 0.15mg, Petunidin: 0.15mg, Petunidin: 0.15mg, Petunidin: 0.15mg Delphinidin: 0.16mg, Delphinidin: 0.16mg, Delphinidin: 0.16mg, Delphinidin: 0.16mg Malvidin: 1.04mg, Malvidin: 1.04mg, Malvidin: 1.04mg, Malvidin: 1.04mg Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg Peonidin: 0.09mg, Peonidin: 0.09mg, Peonidin: 0.09mg, Peonidin: 0.09mg Catechin: 0.54mg, Catechin: 0.54mg, Catechin: 0.54mg, Catechin: 0.54mg Epicatechin: 0.28mg, Epicatechin: 0.28mg, Epicatechin: 0.28mg, Epicatechin: 0.28mg Hesperetin: 0.05mg, Hesperetin: 0.05mg, Hesperetin: 0.05mg, Hesperetin: 0.05mg Naringenin: 0.13mg, Naringenin: 0.13mg, Naringenin: 0.13mg, Naringenin: 0.13mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 1.56mg, Myricetin: 1.56mg, Myricetin: 1.56mg, Myricetin: 1.56mg Quercetin: 1.44mg, Quercetin: 1.44mg, Quercetin: 1.44mg, Quercetin: 1.44mg Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg

### Nutrients (% of daily need)

Calories: 434.69kcal (21.73%), Fat: 21.59g (33.21%), Saturated Fat: 8.87g (55.43%), Carbohydrates: 26.45g (8.82%), Net Carbohydrates: 24.88g (9.05%), Sugar: 20.28g (22.54%), Cholesterol: 117.37mg (39.12%), Sodium: 417.86mg (18.17%), Alcohol: 0.8g (4.42%), Protein: 33.91g (67.82%), Zinc: 12.98mg (86.51%), Vitamin B12: 4.64µg (77.39%), Selenium: 36.2µg (51.71%), Vitamin B3: 8.01mg (40.05%), Vitamin B6: 0.72mg (36.08%), Phosphorus: 343.89mg (34.39%), Iron: 4.39mg (24.4%), Potassium: 769.08mg (21.97%), Vitamin B2: 0.3mg (17.58%), Vitamin B5: 1.23mg (12.26%), Vitamin E: 1.82mg (12.13%), Magnesium: 44.57mg (11.14%), Copper: 0.19mg (9.38%), Vitamin B1: 0.14mg (9.13%), Vitamin K: 8.13µg (7.74%), Manganese: 0.14mg (7.2%), Fiber: 1.57g (6.27%), Vitamin C: 5.02mg (6.09%), Vitamin A: 291.7IU (5.83%), Calcium: 41.26mg (4.13%), Folate: 12.32µg (3.08%), Vitamin D: 0.17µg (1.13%)