



HEALTH SCORE

55%

Easy Banquet Roast



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



10

CALORIES



337 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 16 ounce baby carrots
- ☐ 32.3 ounce beefy mushroom soup undiluted canned
- ☐ 4 pound eye of round roast
- ☐ 0.5 teaspoon garlic salt
- ☐ 2 pounds new potatoes
- ☐ 4 medium onions quartered
- ☐ 0.5 teaspoon pepper

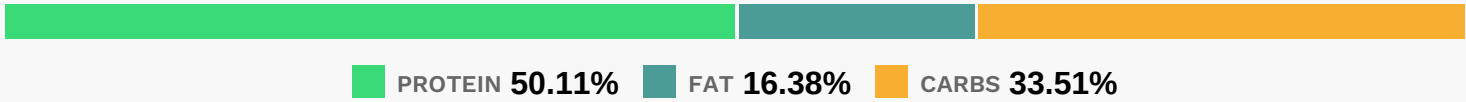
Equipment

- ☐ oven
- ☐ roasting pan

Directions

- ☐ Sprinkle roast with garlic salt and pepper, and place in a roasting pan.
- ☐ Add onion.
- ☐ Pour soup over roast.
- ☐ Bake, covered, at 325 for 2 hours and 30 minutes to 3 hours; add carrots and potatoes, and bake, covered 1 more hour.
- ☐ Serve with sauce.

Nutrition Facts



Properties

Glycemic Index:14.27, Glycemic Load:12.52, Inflammation Score:-10, Nutrition Score:33.683043039363%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 2.2mg, Isorhamnetin: 2.2mg, Isorhamnetin: 2.2mg, Isorhamnetin: 2.2mg Kaempferol: 1.01mg, Kaempferol: 1.01mg, Kaempferol: 1.01mg, Kaempferol: 1.01mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 9.57mg, Quercetin: 9.57mg, Quercetin: 9.57mg, Quercetin: 9.57mg

Nutrients (% of daily need)

Calories: 337.16kcal (16.86%), Fat: 6.19g (9.53%), Saturated Fat: 2.65g (16.58%), Carbohydrates: 28.51g (9.5%), Net Carbohydrates: 24.25g (8.82%), Sugar: 4.73g (5.26%), Cholesterol: 4.57mg (1.52%), Sodium: 885.11mg (38.48%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 42.64g (85.28%), Vitamin A: 6258.28IU (125.17%), Vitamin B6: 2.03mg (101.26%), Vitamin B3: 14.11mg (70.56%), Zinc: 8.97mg (59.8%), Vitamin B12: 3.36µg (55.96%), Phosphorus: 493.93mg (49.39%), Selenium: 29.57µg (42.25%), Potassium: 1336.09mg (38.17%), Vitamin B2: 0.6mg (35.42%), Iron: 5.97mg (33.18%), Copper: 0.61mg (30.3%), Manganese: 0.57mg (28.57%), Vitamin B1: 0.41mg (27.55%), Vitamin C: 22.31mg (27.04%), Magnesium: 79.92mg (19.98%), Vitamin B5: 1.82mg (18.23%), Fiber: 4.27g (17.07%), Folate: 41.54µg (10.38%), Vitamin K: 6.33µg (6.03%), Calcium: 46.95mg (4.7%)