



Easy Pressure Cooker Pot Roast

 Gluten Free  Dairy Free

READY IN



80 min.

SERVINGS



8

CALORIES



505 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 3 pound beef chuck boneless trimmed
- 14.5 ounce beef broth canned
- 4 carrots peeled cut into bite-size pieces
- 8 servings ground pepper black to taste
- 1 large onion cut into 4 wedges
- 1 pinch onion powder to taste
- 4 large potatoes peeled cut into bite-size pieces
- 1 pinch lawry's seasoned salt to taste

- 2 tablespoons vegetable oil
- 1.5 tablespoons worcestershire sauce

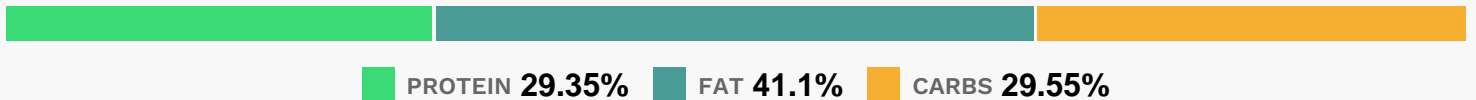
Equipment

- pressure cooker

Directions

- Heat oil in a pressure cooker over medium-high heat. Brown roast on all sides in the hot oil; season with pepper, seasoned salt, and onion powder.
- Pour in beef broth and Worcestershire sauce, add the quartered onion, and seal the lid. Bring the cooker up to full pressure. Reduce heat to low, maintaining full pressure, and cook for 30 minutes.
- Use the quick-release method to lower the pressure.
- Mix in carrots and potatoes, seal the lid again, and return the pressure cooker to the heat. Bring the cooker up to full pressure and cook for an additional 15 minutes. Use the quick-release method again and transfer the roast and vegetables to a serving dish.

Nutrition Facts



Properties

Glycemic Index:23.7, Glycemic Load:24.96, Inflammation Score:-10, Nutrition Score:33.707391049551%

Flavonoids

Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Isorhamnetin: 0.94mg, Isorhamnetin: 0.94mg, Isorhamnetin: 0.94mg, Isorhamnetin: 0.94mg Kaempferol: 1.67mg, Kaempferol: 1.67mg, Kaempferol: 1.67mg, Kaempferol: 1.67mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 5.16mg, Quercetin: 5.16mg, Quercetin: 5.16mg, Quercetin: 5.16mg

Nutrients (% of daily need)

Calories: 505.03kcal (25.25%), Fat: 23.3g (35.85%), Saturated Fat: 9.22g (57.62%), Carbohydrates: 37.7g (12.57%), Net Carbohydrates: 32.42g (11.79%), Sugar: 4.01g (4.45%), Cholesterol: 117.37mg (39.12%), Sodium: 408.18mg (17.75%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 37.45g (74.9%), Vitamin A: 5124.57IU (102.49%), Zinc: 13.44mg (89.63%), Vitamin B12: 4.68µg (77.99%), Vitamin B6: 1.27mg (63.33%), Selenium: 36.12µg (51.59%), Vitamin B3: 10.05mg (50.23%), Vitamin C: 39.98mg (48.46%), Phosphorus: 451.91mg (45.19%), Potassium: 1522.25mg

(43.49%), Iron: 5.38mg (29.89%), Fiber: 5.28g (21.1%), Magnesium: 82.04mg (20.51%), Vitamin B2: 0.34mg (20.21%), Vitamin B1: 0.29mg (19.5%), Manganese: 0.39mg (19.33%), Vitamin B5: 1.71mg (17.09%), Copper: 0.33mg (16.63%), Vitamin K: 16.61µg (15.82%), Folate: 45.36µg (11.34%), Calcium: 72.85mg (7.29%), Vitamin E: 0.83mg (5.52%), Vitamin D: 0.17µg (1.13%)