




# Easy Slow-Cooker Fire Roasted Pot Roast


 **Gluten Free**  **Dairy Free**  **Very Healthy**

READY IN




255 min.

SERVINGS



6

CALORIES



364 kcal

LUNCH MAIN COURSE MAIN DISH DINNER

## Ingredients

- 1 large onion halved thinly sliced
- 1 lb potatoes - remove skin red cut into quarters
- 12 oz baby carrots
- 1 tablespoon garlic chopped
- 2.5 lb pot roast cut boneless
- 1 teaspoon salt
- 0.5 teaspoon pepper
- 14.5 oz canned tomatoes fire roasted organic crushed undrained canned

1 serving parsley fresh chopped

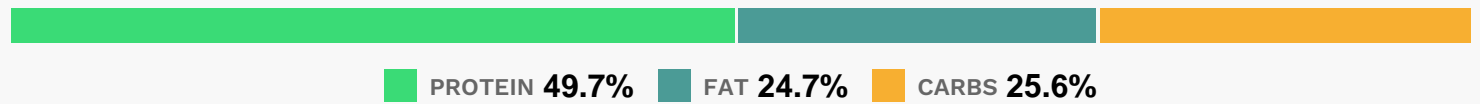
## Equipment

slow cooker

## Directions

- Spray 5- to 6-quart slow cooker with cooking spray.
- Arrange onion, potatoes, carrots and garlic in bottom of slow cooker.
- Place beef over vegetables.
- Sprinkle with salt and pepper.
- Pour tomatoes over beef and vegetables.
- Cover; cook on High heat setting 4 to 5 hours, or Low heat setting 6 to 8 hours.
- Serve beef and vegetables with sauce.
- Garnish with parsley.

## Nutrition Facts



## Properties

Glycemic Index:20.17, Glycemic Load:0.67, Inflammation Score:-10, Nutrition Score:30.934347556985%

## Flavonoids

Apigenin: 1.44mg, Apigenin: 1.44mg, Apigenin: 1.44mg, Apigenin: 1.44mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg Quercetin: 5.59mg, Quercetin: 5.59mg, Quercetin: 5.59mg, Quercetin: 5.59mg

## Nutrients (% of daily need)

Calories: 363.87kcal (18.19%), Fat: 9.77g (15.03%), Saturated Fat: 3.6g (22.49%), Carbohydrates: 22.78g (7.59%), Net Carbohydrates: 18.8g (6.84%), Sugar: 6.34g (7.04%), Cholesterol: 122.85mg (40.95%), Sodium: 692.41mg (30.1%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 44.22g (88.44%), Vitamin A: 8155.83IU (163.12%), Zinc: 10.77mg (71.81%), Selenium: 47.52µg (67.88%), Vitamin B12: 3.99µg (66.46%), Vitamin B6: 1.16mg (57.99%), Vitamin B3: 11.1mg (55.5%), Phosphorus: 451.81mg (45.18%), Potassium: 1153.66mg (32.96%), Iron: 5.38mg (29.89%), Vitamin

B2: 0.37mg (21.8%), Vitamin K: 21.12µg (20.11%), Copper: 0.35mg (17.36%), Magnesium: 69.23mg (17.31%), Vitamin B5: 1.72mg (17.18%), Vitamin B1: 0.24mg (15.91%), Fiber: 3.97g (15.9%), Vitamin C: 12.36mg (14.98%), Manganese: 0.3mg (14.92%), Folate: 59.32µg (14.83%), Calcium: 84.67mg (8.47%), Vitamin E: 0.57mg (3.79%), Vitamin D: 0.19µg (1.26%)