



Fall Pot Roast with Figs

 Dairy Free

READY IN



220 min.

SERVINGS



8

CALORIES



559 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 tablespoons olive oil
- ☐ 10 cloves garlic peeled
- ☐ 5 large shallots
- ☐ 2 tablespoons rosemary leaves fresh chopped
- ☐ 2 teaspoons kosher salt (coarse)
- ☐ 2 teaspoons pepper freshly ground
- ☐ 1 teaspoon sugar
- ☐ 4 lb beef chuck

- ☐ 2 cups beef broth (from 32-oz carton)
- ☐ 1.5 cups water
- ☐ 1.5 lb butternut squash cubed
- ☐ 8 figs dried quartered
- ☐ 0.5 cup red wine
- ☐ 2 tablespoons flour all-purpose

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ pot
- ☐ slotted spoon
- ☐ dutch oven

Directions

- ☐ In 6-quart Dutch oven, heat oil over medium-high heat. Cook garlic and shallots in oil 3 to 4 minutes or until browned.
- ☐ Remove from pan with slotted spoon, reserving oil in pan.
- ☐ In small bowl, mix rosemary, salt, pepper and sugar. Rub mixture on all sides of roast. Cook roast in reserved oil until browned on all sides.
- ☐ Add broth and 1 cup of the water. Scatter garlic and shallots around roast. Cover tightly; cook over medium-low heat 1 hour. Turn roast over; cook 1 hour. Turn roast again; cook covered 1 hour longer or until meat is tender, adding squash and figs and turning roast during last 30 minutes.
- ☐ Remove roast, fruit and vegetables to platter. Skim fat from broth, if desired.
- ☐ Heat broth to boiling; boil 5 minutes. Stir in port; boil 5 minutes. Shake remaining 1/2 cup water and the flour in tightly covered container; gradually stir into sauce.
- ☐ Heat to boiling, stirring constantly. Boil and stir 1 minute.
- ☐ Serve gravy with pot roast.

Nutrition Facts

PROTEIN 33.08% FAT 48.22% CARBS 18.7%

Properties

Glycemic Index:39.14, Glycemic Load:7.46, Inflammation Score:-10, Nutrition Score:35.74999994817%

Flavonoids

Cyanidin: 0.28mg, Cyanidin: 0.28mg, Cyanidin: 0.28mg, Cyanidin: 0.28mg Petunidin: 0.3mg, Petunidin: 0.3mg, Petunidin: 0.3mg, Petunidin: 0.3mg Delphinidin: 0.3mg, Delphinidin: 0.3mg, Delphinidin: 0.3mg, Delphinidin: 0.3mg Malvidin: 2.08mg, Malvidin: 2.08mg, Malvidin: 2.08mg, Malvidin: 2.08mg Peonidin: 0.19mg, Peonidin: 0.19mg, Peonidin: 0.19mg, Peonidin: 0.19mg Catechin: 1.87mg, Catechin: 1.87mg, Catechin: 1.87mg, Catechin: 1.87mg Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg Epicatechin: 0.82mg, Epicatechin: 0.82mg, Epicatechin: 0.82mg, Epicatechin: 0.82mg Hesperetin: 0.09mg, Hesperetin: 0.09mg, Hesperetin: 0.09mg, Hesperetin: 0.09mg Naringenin: 0.39mg, Naringenin: 0.39mg, Naringenin: 0.39mg, Naringenin: 0.39mg Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg Quercetin: 2.96mg, Quercetin: 2.96mg, Quercetin: 2.96mg, Quercetin: 2.96mg Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg

Nutrients (% of daily need)

Calories: 558.89kcal (27.94%), Fat: 30g (46.16%), Saturated Fat: 12.06g (75.39%), Carbohydrates: 26.18g (8.73%), Net Carbohydrates: 22.2g (8.07%), Sugar: 11.89g (13.21%), Cholesterol: 156.49mg (52.16%), Sodium: 997.85mg (43.38%), Alcohol: 1.59g (100%), Alcohol %: 0.4% (100%), Protein: 46.31g (92.62%), Vitamin A: 9159.76IU (183.2%), Zinc: 17.41mg (116.1%), Vitamin B12: 6.23µg (103.89%), Selenium: 49.08µg (70.11%), Vitamin B6: 1.17mg (58.75%), Vitamin B3: 11.71mg (58.54%), Phosphorus: 493.22mg (49.32%), Potassium: 1299.17mg (37.12%), Iron: 6.11mg (33.96%), Vitamin C: 21.39mg (25.93%), Vitamin B2: 0.41mg (23.9%), Manganese: 0.48mg (23.77%), Magnesium: 89.91mg (22.48%), Vitamin B1: 0.3mg (19.93%), Vitamin B5: 1.99mg (19.86%), Fiber: 3.98g (15.91%), Vitamin E: 2.23mg (14.87%), Copper: 0.28mg (13.98%), Calcium: 120.06mg (12.01%), Folate: 43.6µg (10.9%), Vitamin K: 9.87µg (9.4%), Vitamin D: 0.23µg (1.51%)