

**68%**
HEALTH SCORE

Favorite Pot Roast

 Dairy Free  Very Healthy

READY IN



225 min.

SERVINGS



8

CALORIES



594 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 4 pounds top round beef roast
- 2 tablespoons canola oil
- 2 teaspoons salt
- 0.5 teaspoon pepper
- 0.5 teaspoon thyme dried
- 1 bay leaves
- 3 cups water divided
- 8 medium potatoes peeled quartered

- 8 large carrots cut into 2-inch chunks
- 1 pound onion peeled
- 0.5 cup flour all-purpose
- 0.5 teaspoon browning sauce
- 1 serving salt and pepper to taste

Equipment

- bowl
- frying pan
- dutch oven

Directions

- In a Dutch oven, brown the roast on all sides in oil.
- Combine the salt, pepper and thyme; sprinkle over meat.
- Add bay leaf and 2 cups water; bring to a boil. Reduce heat; cover and simmer for 2-1/2 hours.
- Add the potatoes, carrots and onions. Cover and simmer 45 minutes longer or until meat and vegetables are tender.
- Remove roast and vegetables to a serving platter; keep warm. Discard bay leaf.
- Skim fat from pan juices; add enough water to pan juices to measure 2 cups. In a bowl, combine flour and remaining water until smooth; gradually stir into juices. Bring to a boil; cook and stir for 2 minutes or until thickened and bubbly. Stir in browning sauce if desired. Season with salt and pepper. Slice roast; serve with vegetables and gravy.

Nutrition Facts



Properties

Glycemic Index:33.07, Glycemic Load:35.02, Inflammation Score:-10, Nutrition Score:44.520000208979%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg Isorhamnetin: 2.84mg, Isorhamnetin: 2.84mg, Isorhamnetin: 2.84mg, Isorhamnetin: 2.84mg Kaempferol: 2.25mg, Kaempferol: 2.25mg, Kaempferol: 2.25mg, Kaempferol: 2.25mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 13.15mg, Quercetin: 13.15mg, Quercetin: 13.15mg, Quercetin: 13.15mg

Nutrients (% of daily need)

Calories: 594.25kcal (29.71%), Fat: 15.26g (23.47%), Saturated Fat: 4.23g (26.43%), Carbohydrates: 55.56g (18.52%), Net Carbohydrates: 47.62g (17.32%), Sugar: 7.56g (8.4%), Cholesterol: 140.61mg (46.87%), Sodium: 802.61mg (34.9%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 56.82g (113.63%), Vitamin A: 12037.55IU (240.75%), Vitamin B6: 2.28mg (114.05%), Selenium: 66.48µg (94.97%), Vitamin B3: 18.81mg (94.05%), Vitamin B12: 4.2µg (69.93%), Zinc: 10.39mg (69.28%), Phosphorus: 659.44mg (65.94%), Vitamin C: 50.44mg (61.14%), Potassium: 1994.01mg (56.97%), Iron: 7.13mg (39.62%), Vitamin B1: 0.52mg (34.45%), Fiber: 7.93g (31.74%), Vitamin B2: 0.53mg (31.01%), Manganese: 0.61mg (30.52%), Magnesium: 120.72mg (30.18%), Copper: 0.54mg (26.75%), Folate: 102.53µg (25.63%), Vitamin K: 20.29µg (19.33%), Vitamin B5: 1.92mg (19.22%), Vitamin E: 1.81mg (12.08%), Calcium: 111.5mg (11.15%)