



Four-Ingredient Slow-Cooker Pot Roast



Gluten Free



Dairy Free



Low Fod Map

READY IN



500 min.

SERVINGS



8

CALORIES



346 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 12 oz beer canned
- ☐ 1 tablespoon canola oil
- ☐ 3 lb beef chuck trimmed
- ☐ 0.7 oz salad dressing italian

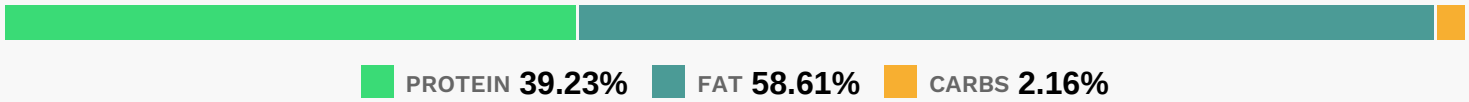
Equipment

- ☐ frying pan
- ☐ whisk
- ☐ slow cooker

Directions

- ☐ Brown roast in hot oil in a skillet over medium-high heat 3 to 5 minutes on each side; transfer to a 6-qt. slow cooker.
- ☐ Whisk together beer and dressing mix; pour over roast. Cover; cook on LOW 8 to 10 hours or until tender.
- ☐ Remove roast from slow cooker. Skim fat from sauce; serve with roast.

Nutrition Facts



Properties

Glycemic Index:5.06, Glycemic Load:0.61, Inflammation Score:-2, Nutrition Score:18.197391446923%

Flavonoids

Catechin: 0.16mg, Catechin: 0.16mg, Catechin: 0.16mg, Catechin: 0.16mg Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg Kaempferol: 0.34mg, Kaempferol: 0.34mg, Kaempferol: 0.34mg, Kaempferol: 0.34mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg Gallocatechin: 0.03mg, Gallocatechin: 0.03mg, Gallocatechin: 0.03mg, Gallocatechin: 0.03mg

Nutrients (% of daily need)

Calories: 345.88kcal (17.29%), Fat: 21.8g (33.54%), Saturated Fat: 8.78g (54.86%), Carbohydrates: 1.81g (0.6%), Net Carbohydrates: 1.81g (0.66%), Sugar: 0.27g (0.3%), Cholesterol: 117.37mg (39.12%), Sodium: 164.11mg (7.14%), Alcohol: 1.66g (100%), Alcohol %: 0.97% (100%), Protein: 32.83g (65.66%), Zinc: 12.8mg (85.32%), Vitamin B12: 4.65µg (77.54%), Selenium: 35.34µg (50.49%), Vitamin B3: 7.58mg (37.88%), Vitamin B6: 0.67mg (33.63%), Phosphorus: 327.81mg (32.78%), Iron: 3.55mg (19.74%), Potassium: 578.29mg (16.52%), Vitamin B2: 0.26mg (15.13%), Vitamin B5: 1.06mg (10.62%), Magnesium: 34.99mg (8.75%), Vitamin B1: 0.11mg (7.66%), Copper: 0.11mg (5.32%), Vitamin K: 5.19µg (4.94%), Vitamin E: 0.68mg (4.56%), Calcium: 30.94mg (3.09%), Folate: 7.65µg (1.91%), Vitamin D: 0.17µg (1.13%), Manganese: 0.02mg (1.06%)