



Fruited Cider Roast

 Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



12

CALORIES



249 kcal

BEVERAGE

DRINK

Ingredients

- 6 cups apple cider
- 6 ounce apricot halves dried chopped
- 3 cups cider vinegar
- 3.5 pound top round roast boneless lean
- 0.3 teaspoon ground allspice
- 0.3 teaspoon pepper
- 0.5 cup raisins
- 0.3 teaspoon salt

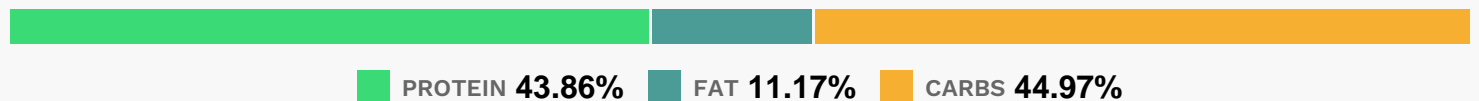
Equipment

- frying pan
- dutch oven

Directions

- Trim fat from roast.
- Sprinkle roast with salt and pepper. Coat a large Dutch oven with cooking spray; place over medium-high heat until hot.
- Add roast, and cook until browned on all sides.
- Combine cider and vinegar; pour over roast. Bring to a boil; cover, reduce heat, and simmer 3 to 3 1/2 hours or until roast is tender.
- Transfer roast to a serving platter; set aside, and keep warm.
- Skim fat from pan juices. Reserve 2 cups juices; discard remaining juices. Return 2 cups juices to pan; add apricots and remaining 3 ingredients. Cook over medium-high heat 10 minutes, stirring often.
- Serve fruit mixture with roast.

Nutrition Facts



Properties

Glycemic Index:18.33, Glycemic Load:10.73, Inflammation Score:-5, Nutrition Score:17.808260855467%

Flavonoids

Cyanidin: 0.02mg, Cyanidin: 0.02mg, Cyanidin: 0.02mg, Cyanidin: 0.02mg Catechin: 1.48mg, Catechin: 1.48mg, Catechin: 1.48mg, Catechin: 1.48mg Epicatechin: 5.56mg, Epicatechin: 5.56mg, Epicatechin: 5.56mg, Epicatechin: 5.56mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.68mg, Quercetin: 0.68mg, Quercetin: 0.68mg, Quercetin: 0.68mg

Nutrients (% of daily need)

Calories: 248.74kcal (12.44%), Fat: 3.04g (4.68%), Saturated Fat: 1.14g (7.1%), Carbohydrates: 27.56g (9.19%), Net Carbohydrates: 25.86g (9.4%), Sugar: 19.16g (21.29%), Cholesterol: 0mg (0%), Sodium: 116.19mg (5.05%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 26.87g (53.75%), Vitamin B6: 1.23mg (61.72%), Vitamin B3: 9.29mg

(46.47%), Vitamin B12: 2.34µg (39.03%), Zinc: 5.62mg (37.46%), Phosphorus: 312.19mg (31.22%), Selenium: 21.43µg (30.62%), Potassium: 863.6mg (24.67%), Vitamin B2: 0.4mg (23.46%), Iron: 3.81mg (21.14%), Vitamin B1: 0.24mg (16.27%), Manganese: 0.31mg (15.34%), Copper: 0.28mg (13.86%), Magnesium: 47.12mg (11.78%), Vitamin A: 512.49IU (10.25%), Vitamin B5: 0.97mg (9.68%), Fiber: 1.7g (6.8%), Vitamin E: 0.63mg (4.17%), Calcium: 28.89mg (2.89%), Vitamin C: 1.55mg (1.87%)