



 **100%**  
HEALTH SCORE

## Garlic Top Sirloin Pot Roast

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

READY IN



**390 min.**

SERVINGS



**8**

CALORIES



**367 kcal**

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 1 bay leaf
- 3 cubes beef bouillon from cube
- 0.5 cup beef broth
- 1 teaspoon pepper black freshly ground
- 4 carrots cut into 2 inch pieces
- 6 cloves garlic
- 2 large bell peppers green cut into 2 inch pieces
- 1 teaspoon paprika

- 1 teaspoon salt
- 2 large onions sweet peeled chopped
- 3 pound top sirloin roast
- 0.5 cup water
- 6 yukon gold potatoes peeled quartered

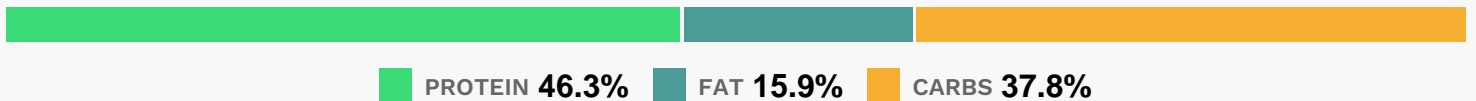
## Equipment

- knife
- slow cooker

## Directions

- Rub salt, pepper and paprika into the meat. With a small knife, make slits in the roast. Press the garlic slivers into the roast.
- Place the potatoes, carrots, and onions in a large slow cooker.
- Place meat on top of the vegetables.
- Pour in water and beef broth, and add bouillon cubes and bay leaf.
- Place lid on slow cooker, and cook for 6 hours on High, or 8 hours on Low. During the last half hour of cooking, add the green peppers.

## Nutrition Facts



## Properties

Glycemic Index:27.2, Glycemic Load:17.64, Inflammation Score:-10, Nutrition Score:33.935652193816%

## Flavonoids

Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg Luteolin: 1.97mg, Luteolin: 1.97mg, Luteolin: 1.97mg, Luteolin: 1.97mg Kaempferol: 2.07mg, Kaempferol: 2.07mg, Kaempferol: 2.07mg, Kaempferol: 2.07mg Myricetin: 0.99mg, Myricetin: 0.99mg, Myricetin: 0.99mg, Myricetin: 0.99mg Quercetin: 13.92mg, Quercetin: 13.92mg, Quercetin: 13.92mg, Quercetin: 13.92mg

## Nutrients (% of daily need)

Calories: 367.26kcal (18.36%), Fat: 6.43g (9.9%), Saturated Fat: 2.32g (14.49%), Carbohydrates: 34.4g (11.47%), Net Carbohydrates: 29.1g (10.58%), Sugar: 7.63g (8.48%), Cholesterol: 100.36mg (33.45%), Sodium: 485.21mg (21.1%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 42.15g (84.3%), Vitamin A: 5375.89IU (107.52%), Vitamin B6: 1.72mg (86.08%), Vitamin C: 64.56mg (78.26%), Selenium: 53.68µg (76.69%), Vitamin B3: 13.13mg (65.63%), Zinc: 7.45mg (49.67%), Phosphorus: 479.58mg (47.96%), Potassium: 1438.93mg (41.11%), Vitamin B12: 1.61µg (26.84%), Iron: 4.33mg (24.06%), Manganese: 0.45mg (22.36%), Magnesium: 85.59mg (21.4%), Fiber: 5.3g (21.21%), Vitamin B1: 0.31mg (20.86%), Copper: 0.37mg (18.51%), Folate: 72.03µg (18.01%), Vitamin B2: 0.3mg (17.66%), Vitamin B5: 1.72mg (17.21%), Vitamin K: 12.25µg (11.67%), Calcium: 90.91mg (9.09%), Vitamin E: 0.94mg (6.24%)