



HEALTH SCORE

56%

Grandma Maul's Italian Beef



Dairy Free

READY IN



620 min.

SERVINGS



3

CALORIES



1283 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 tablespoon anise seed
- ☐ 4 pound beef chuck boneless
- ☐ 0.5 cup flour all-purpose
- ☐ 2 cloves garlic minced
- ☐ 1 large bell pepper green julienned
- ☐ 3 servings salt and ground pepper black to taste
- ☐ 2 tablespoons olive oil
- ☐ 1 tablespoon sesame seed

☐ 1 cup water

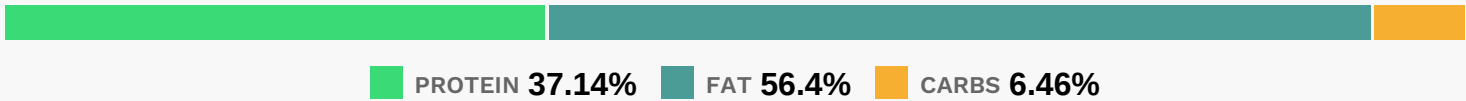
Equipment

- ☐ frying pan
- ☐ slow cooker

Directions

- ☐ Rinse and pat dry the roast. Coat the roast evenly with the flour; season with salt and pepper.
- ☐ Heat the olive oil in a skillet over medium-high heat.
- ☐ Add the garlic to the hot oil; sear the beef in the oil until all sides are slightly browned.
- ☐ Transfer the roast to a slow cooker.
- ☐ Pour the water over the roast.
- ☐ Cook on Low for 5 hours.
- ☐ Add the anise seed and sesame seed to the slow cooker and cook another 4 hours.
- ☐ Add the green bell pepper and continue cooking until the meat is tender and easily pulled apart, about 1 hour more.

Nutrition Facts



Properties

Glycemic Index:62.33, Glycemic Load:12, Inflammation Score:-7, Nutrition Score:48.328695608222%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 2.59mg, Luteolin: 2.59mg, Luteolin: 2.59mg, Luteolin: 2.59mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 1.24mg, Quercetin: 1.24mg, Quercetin: 1.24mg, Quercetin: 1.24mg

Nutrients (% of daily need)

Calories: 1283.15kcal (64.16%), Fat: 80.72g (124.18%), Saturated Fat: 32.05g (200.29%), Carbohydrates: 20.79g (6.93%), Net Carbohydrates: 18.62g (6.77%), Sugar: 1.4g (1.55%), Cholesterol: 417.3mg (139.1%), Sodium: 497.04mg (21.61%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 119.58g (239.17%), Zinc: 46.04mg (306.95%), Vitamin

B12: 16.51µg (275.18%), Selenium: 132.96µg (189.94%), Vitamin B3: 27.84mg (139.2%), Vitamin B6: 2.51mg (125.36%), Phosphorus: 1205.28mg (120.53%), Iron: 14.96mg (83.09%), Potassium: 2176.6mg (62.19%), Vitamin B2: 1.01mg (59.41%), Vitamin C: 45mg (54.54%), Vitamin B1: 0.63mg (41.72%), Vitamin B5: 3.89mg (38.89%), Magnesium: 139.18mg (34.79%), Copper: 0.58mg (29.1%), Manganese: 0.43mg (21.35%), Vitamin E: 2.72mg (18.11%), Vitamin K: 19µg (18.09%), Folate: 64.6µg (16.15%), Calcium: 156.85mg (15.68%), Fiber: 2.17g (8.66%), Vitamin A: 288.08IU (5.76%), Vitamin D: 0.6µg (4.03%)