



Grilled Hoedown BBQ Chuck Roast

 Gluten Free  Dairy Free

READY IN



450 min.

SERVINGS



8

CALORIES



458 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 4 lb beef chuck thick (2 inches)
- 0.5 cup soya sauce
- 0.5 cup catsup
- 0.3 cup sugar
- 0.3 cup red wine vinegar
- 1 garlic clove minced
- 0.1 teaspoon pepper

Equipment

- grill
- ziploc bags
- glass baking pan

Directions

- Trim fat from beef roast. In 12x8-inch (2-quart) glass baking dish or large resealable food storage plastic bag, combine all remaining ingredients; mix well.
- Add roast; turn to coat. Cover dish or seal bag. Refrigerate 6 hours or overnight, turning once or twice, to marinate.
- Heat gas or charcoal grill. When grill is heated, remove roast from marinade; reserve and refrigerate marinade.
- Place roast on gas grill over medium-low heat or on charcoal grill 4 to 6 inches from medium-low coals. Cover grill; cook 50 to 75 minutes or until of desired doneness, turning once and basting with reserved marinade during last 15 minutes of cooking time. Discard any remaining marinade.

Nutrition Facts



■ **PROTEIN 39.24%**
■ **FAT 50.95%**
■ **CARBS 9.81%**

Properties

Glycemic Index:18.39, Glycemic Load:4.51, Inflammation Score:-3, Nutrition Score:24.341304442157%

Flavonoids

Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.14mg, Quercetin: 0.14mg, Quercetin: 0.14mg, Quercetin: 0.14mg

Nutrients (% of daily need)

Calories: 458.2kcal (22.91%), Fat: 26.09g (40.14%), Saturated Fat: 11.44g (71.5%), Carbohydrates: 11.31g (3.77%), Net Carbohydrates: 11.13g (4.05%), Sugar: 9.68g (10.76%), Cholesterol: 156.49mg (52.16%), Sodium: 1130.45mg (49.15%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 45.21g (90.42%), Zinc: 17.15mg (114.34%), Vitamin B12: 6.19µg (103.19%), Selenium: 47.03µg (67.19%), Vitamin B3: 10.6mg (52.99%), Vitamin B6: 0.93mg (46.3%), Phosphorus: 452.62mg (45.26%), Iron: 5.16mg (28.67%), Potassium: 830.81mg (23.74%), Vitamin B2: 0.38mg (22.2%), Vitamin B5: 1.46mg (14.57%), Magnesium: 51.29mg (12.82%), Vitamin B1: 0.16mg (10.71%), Copper: 0.17mg (8.67%), Manganese: 0.12mg (6.19%), Calcium: 45.03mg (4.5%), Vitamin E: 0.65mg (4.34%), Vitamin K: 3.91µg (3.72%), Folate: 10.78µg (2.7%), Vitamin A: 106.64IU (2.13%), Vitamin D: 0.23µg (1.51%)