



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)
- 1 garlic clove minced
- 0.5 cup catsup
- 0.1 teaspoon pepper
- 0.3 cup red wine vinegar
- 0.5 cup soya sauce
- 0.3 cup sugar

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%)