



Healthier Marie's Easy Slow Cooker Pot Roast



Gluten Free



Dairy Free

READY IN



500 min.

SERVINGS



8

CALORIES



419 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 cup beef stock reduced-sodium
- ☐ 3 carrots chopped
- ☐ 1 stalk celery chopped
- ☐ 3 pounds chuck roast
- ☐ 8 servings salt and ground pepper black to taste
- ☐ 2 onions chopped
- ☐ 2 pounds potatoes cubed peeled

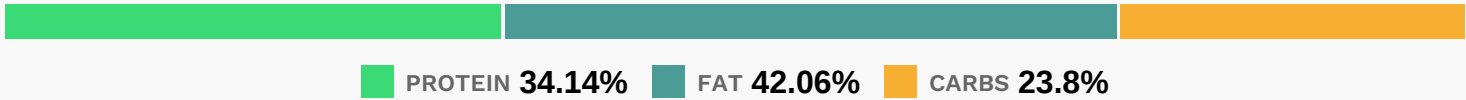
Equipment

- ☐ frying pan
- ☐ wooden spoon
- ☐ slow cooker

Directions

- ☐ Season the chuck roast with salt and pepper.
- ☐ Heat a large skillet over medium-high heat; brown roast on all sides, about 4 minutes per side.
- ☐ Transfer roast to a slow cooker.
- ☐ Pour the beef stock into the skillet, and bring to a boil while scraping the browned bits of food off of the bottom of the pan with a wooden spoon.
- ☐ Add the broth and onions into slow cooker; cover and cook on Low for 5 hours.
- ☐ Add potatoes, carrots, celery, and parsley. Cover and cook on Low until roast is tender and cooked through, 3 additional hours.

Nutrition Facts



Properties

Glycemic Index:27.7, Glycemic Load:15.83, Inflammation Score:-10, Nutrition Score:28.907391200895%

Flavonoids

Apigenin: 0.15mg, Apigenin: 0.15mg, Apigenin: 0.15mg, Apigenin: 0.15mg Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 1.15mg, Kaempferol: 1.15mg, Kaempferol: 1.15mg, Kaempferol: 1.15mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 6.44mg, Quercetin: 6.44mg, Quercetin: 6.44mg, Quercetin: 6.44mg

Nutrients (% of daily need)

Calories: 418.72kcal (20.94%), Fat: 19.75g (30.39%), Saturated Fat: 8.64g (53.99%), Carbohydrates: 25.14g (8.38%), Net Carbohydrates: 21.43g (7.79%), Sugar: 3.36g (3.74%), Cholesterol: 117.37mg (39.12%), Sodium: 224.89mg (9.78%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 36.07g (72.13%), Zinc: 13.28mg (88.54%), Vitamin A: 3869.43IU (77.39%), Vitamin B12: 4.64µg (77.39%), Vitamin B6: 1.07mg (53.55%), Selenium: 35.93µg (51.32%), Vitamin B3: 9.09mg (45.43%), Phosphorus: 412.76mg (41.28%), Potassium: 1225.31mg (35.01%), Vitamin C: 25.88mg (31.37%), Iron: 4.65mg (25.83%), Vitamin B2: 0.33mg (19.64%), Magnesium: 66.72mg (16.68%), Vitamin B1: 0.24mg (16.12%), Vitamin B5: 1.49mg (14.9%), Fiber: 3.71g (14.83%), Manganese: 0.28mg (13.83%), Copper: 0.27mg (13.27%),

Vitamin K: 9.49µg (9.04%), Folate: 35.23µg (8.81%), Calcium: 61.24mg (6.12%), Vitamin E: 0.51mg (3.39%), Vitamin D: 0.17µg (1.13%)