



Herbed Chuck Roast



Gluten Free



Dairy Free

READY IN



20 min.

SERVINGS



8

CALORIES



375 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 lb chuck roast boneless
- ☐ 2 teaspoons rosemary fresh chopped
- ☐ 1 teaspoon thyme leaves fresh chopped
- ☐ 2 teaspoons garlic minced
- ☐ 8 servings tomato gravy
- ☐ 2 cups jasmine rice uncooked
- ☐ 2 teaspoons kosher salt
- ☐ 0.1 teaspoon onion powder

☐ 1 teaspoon pepper

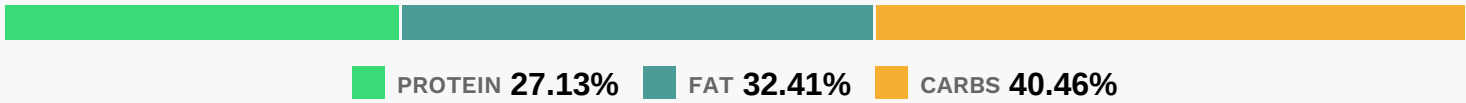
Equipment

- ☐ frying pan
- ☐ oven
- ☐ aluminum foil

Directions

- ☐ Preheat oven to 35
- ☐ Line a 13- x 9-inch pan with heavy-duty aluminum foil, and coat with cooking spray.
- ☐ Combine rosemary and next 4 ingredients. Rub over roast. Cook roast in a large nonstick skillet over medium heat 5 minutes on each side or until browned.
- ☐ Place in prepared pan. Rub minced garlic over top of roast.
- ☐ Add 3/4 cup beef broth to pan.
- ☐ Bake, covered, at 350 for 2 hours and 10 minutes or until fork-tender.
- ☐ Let stand 10 minutes.
- ☐ Meanwhile, prepare jasmine rice according to package directions.
- ☐ Cut roast into slices; serve with hot cooked rice and Tomato Gravy.

Nutrition Facts



Properties

Glycemic Index:21.02, Glycemic Load:22.37, Inflammation Score:-4, Nutrition Score:15.443478229253%

Flavonoids

Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 375.49kcal (18.77%), Fat: 13.36g (20.55%), Saturated Fat: 5.82g (36.35%), Carbohydrates: 37.53g (12.51%), Net Carbohydrates: 36.8g (13.38%), Sugar: 0.08g (0.09%), Cholesterol: 78.32mg (26.11%), Sodium: 680.34mg (29.58%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 25.16g (50.31%), Zinc: 9.05mg (60.34%), Vitamin B12: 3.1µg (51.6%), Selenium: 30.47µg (43.53%), Vitamin B3: 5.66mg (28.28%), Manganese: 0.57mg (28.27%), Phosphorus: 269.43mg (26.94%), Vitamin B6: 0.52mg (26.07%), Iron: 2.82mg (15.65%), Potassium: 438.12mg (12.52%), Vitamin B5: 1.17mg (11.75%), Vitamin B2: 0.19mg (11.15%), Copper: 0.18mg (8.93%), Magnesium: 34.2mg (8.55%), Vitamin B1: 0.11mg (7.28%), Calcium: 36.26mg (3.63%), Fiber: 0.72g (2.89%), Vitamin K: 2.17µg (2.07%), Folate: 7.33µg (1.83%), Vitamin E: 0.27mg (1.8%)