



WHAT'SHEATE



Herbed Pot Roast with Vegetables



Gluten Free



Dairy Free

READY IN



170 min.

SERVINGS



6

CALORIES



329 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients



1 beef shoulder roast boneless



1.5 teaspoons marjoram dried fresh chopped



1 teaspoon basil dried fresh chopped



1 teaspoon salt



0.3 teaspoon pepper



2 garlic clove crushed



0.3 cup apple cider



0.3 cup water

- ☐ 5 medium carrots cut into 2-inch pieces
- ☐ 4 medium turnip cut into fourths
- ☐ 1 medium onion cut into fourths
- ☐ 2 medium celery stalks cut into 1-inch pieces (1 cup)
- ☐ 2 tablespoons parsley fresh chopped
- ☐ 1 medium bell pepper green cut into 1-inch pieces

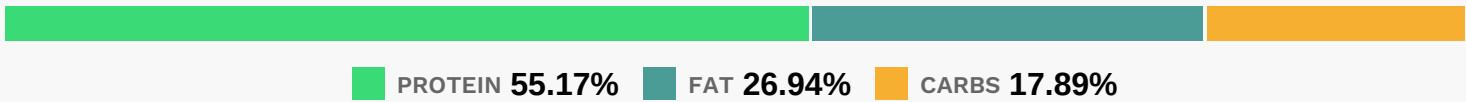
Equipment

- ☐ dutch oven

Directions

- ☐ Trim excess fat from beef. Rub Dutch oven with fat.
- ☐ Cook beef in Dutch oven over medium heat about 10 minutes or until brown.
- ☐ Sprinkle with marjoram, basil, salt, pepper and garlic; add cider and water.
- ☐ Heat to boiling; reduce heat. Cover and simmer 1 1/2 hours.
- ☐ Add vegetables, parsley and, if necessary, 1/4 cup water. Cover and simmer about 45 minutes or until vegetables and beef are tender.

Nutrition Facts



Properties

Glycemic Index:53.93, Glycemic Load:5.37, Inflammation Score:-10, Nutrition Score:33.192608999169%

Flavonoids

Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg Epicatechin: 0.46mg, Epicatechin: 0.46mg, Epicatechin: 0.46mg Apigenin: 2.91mg, Apigenin: 2.91mg, Apigenin: 2.91mg, Apigenin: 2.91mg Luteolin: 1.02mg, Luteolin: 1.02mg, Luteolin: 1.02mg, Luteolin: 1.02mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.28mg, Kaempferol: 0.28mg, Kaempferol: 0.28mg, Kaempferol: 0.28mg Myricetin: 0.24mg, Myricetin: 0.24mg, Myricetin: 0.24mg, Myricetin: 0.24mg Quercetin: 4.35mg, Quercetin: 4.35mg, Quercetin: 4.35mg, Quercetin: 4.35mg

Nutrients (% of daily need)

Calories: 329.26kcal (16.46%), Fat: 9.67g (14.88%), Saturated Fat: 4.09g (25.53%), Carbohydrates: 14.45g (4.82%), Net Carbohydrates: 10.71g (3.89%), Sugar: 7.74g (8.6%), Cholesterol: 121.5mg (40.5%), Sodium: 583.51mg (25.37%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 44.56g (89.12%), Vitamin A: 8694.17IU (173.88%), Zinc: 12.49mg (83.26%), Vitamin B12: 4.95µg (82.5%), Selenium: 49.78µg (71.12%), Vitamin B6: 1.25mg (62.52%), Vitamin C: 39.61mg (48.01%), Vitamin B3: 9.41mg (47.04%), Phosphorus: 426.51mg (42.65%), Vitamin K: 36.16µg (34.43%), Iron: 5.22mg (29.02%), Potassium: 968.23mg (27.66%), Vitamin B2: 0.4mg (23.44%), Manganese: 0.31mg (15.29%), Magnesium: 60.94mg (15.24%), Fiber: 3.74g (14.94%), Vitamin B5: 1.48mg (14.76%), Copper: 0.29mg (14.31%), Vitamin B1: 0.21mg (14.11%), Folate: 40.96µg (10.24%), Calcium: 75.48mg (7.55%), Vitamin E: 0.65mg (4.34%)