



HEALTH SCORE

70%

Home-Style Pot Roast



Gluten Free



Dairy Free



Very Healthy

READY IN



170 min.

SERVINGS



8

CALORIES



282 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients



2 lb top round beef roast boneless trimmed of fat



0.8 teaspoon salt



0.3 teaspoon pepper



3 medium onion quartered



2 garlic clove minced



0.5 teaspoon thyme leaves dried



0.5 teaspoon basil dried



14 oz beef broth canned

- ☐ 1 lb baking potatoes quartered
- ☐ 2 medium parsnips peeled halved lengthwise cut into 3-inch pieces
- ☐ 16 oz baby carrots fresh
- ☐ 0.3 cup water cold
- ☐ 2 tablespoons cornstarch

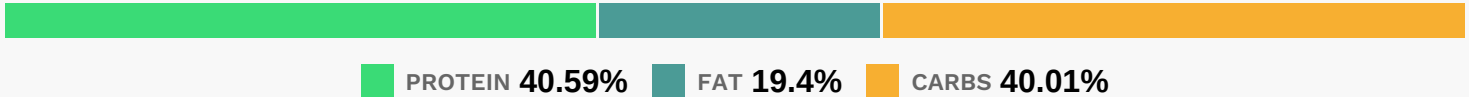
Equipment

- ☐ bowl
- ☐ oven
- ☐ slotted spoon
- ☐ dutch oven

Directions

- ☐ Heat oven to 350°F.
- ☐ Place beef roast in Dutch oven; sprinkle with 1/2 teaspoon of the salt and pepper.
- ☐ Add onions, garlic, thyme and basil.
- ☐ Pour broth over top. Cover.
- ☐ Bake at 350°F. for 1 hour 30 minutes.
- ☐ Remove Dutch oven from oven. Turn roast over and add potatoes, parsnips and carrots. Cover; bake an additional 45 to 60 minutes or until vegetables are tender.
- ☐ With slotted spoon, remove roast and vegetables from Dutch oven; place on serving platter. Cover to keep warm.
- ☐ In small bowl, combine water, cornstarch and remaining 1/4 teaspoon salt; blend well.
- ☐ Place Dutch oven over medium-high heat. Slowly add cornstarch mixture to drippings in Dutch oven, stirring constantly. Cook and stir until bubbly and thickened.
- ☐ Serve gravy with roast and vegetables.

Nutrition Facts



Properties

Glycemic Index:33.84, Glycemic Load:11.63, Inflammation Score:-10, Nutrition Score:25.60652185523%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Isorhamnetin: 2.07mg, Isorhamnetin: 2.07mg, Isorhamnetin: 2.07mg, Isorhamnetin: 2.07mg Kaempferol: 0.27mg, Kaempferol: 0.27mg, Kaempferol: 0.27mg, Kaempferol: 0.27mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 8.77mg, Quercetin: 8.77mg, Quercetin: 8.77mg, Quercetin: 8.77mg

Nutrients (% of daily need)

Calories: 281.6kcal (14.08%), Fat: 6.02g (9.26%), Saturated Fat: 2.05g (12.81%), Carbohydrates: 27.94g (9.31%), Net Carbohydrates: 22.86g (8.31%), Sugar: 6.67g (7.41%), Cholesterol: 70.31mg (23.44%), Sodium: 519.41mg (22.58%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 28.34g (56.68%), Vitamin A: 7827IU (156.54%), Vitamin B6: 1.1mg (54.79%), Selenium: 33.57µg (47.95%), Vitamin B3: 9.28mg (46.41%), Vitamin B12: 2.13µg (35.54%), Zinc: 5.3mg (35.3%), Phosphorus: 338.6mg (33.86%), Potassium: 996.18mg (28.46%), Manganese: 0.5mg (24.8%), Iron: 3.84mg (21.31%), Fiber: 5.07g (20.29%), Folate: 73.06µg (18.27%), Vitamin C: 14.78mg (17.92%), Vitamin K: 17.78µg (16.93%), Magnesium: 63.36mg (15.84%), Vitamin B2: 0.26mg (15.52%), Vitamin B1: 0.23mg (15.03%), Copper: 0.3mg (14.81%), Vitamin B5: 1.19mg (11.92%), Calcium: 77.41mg (7.74%), Vitamin E: 0.94mg (6.26%)