



 **39%**
HEALTH SCORE

How to Make the Best Crock Pot Roast

 **Gluten Free**  **Dairy Free**  **Low Fod Map**

READY IN



490 min.

SERVINGS



8

CALORIES



257 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 cup beef broth
- 0.3 cup pepperoncini pepper juice
- 6 pepperoncini peppers
- 6 pepperoncini peppers
- 3 pound pot roast cut
- 2 tablespoons ranch seasoning

Equipment

- pot

slow cooker

Directions

- Place the pot roast in a crock pot and sprinkle on the seasoning.
- Add the peppers and juice, then the broth.
- Secure the lid and cook on high for 2.5–3 hours or on low for 5–6 hours, until the pot roast shreds easily with two forks.

Nutrition Facts

PROTEIN 61.84% **FAT 32.02%** **CARBS 6.14%**

Properties

Glycemic Index:5.09, Glycemic Load:0.35, Inflammation Score:-2, Nutrition Score:19.278695652174%

Flavonoids

Catechin: 0.1mg, Catechin: 0.1mg, Catechin: 0.1mg, Catechin: 0.1mg Epicatechin: 0.37mg, Epicatechin: 0.37mg, Epicatechin: 0.37mg, Epicatechin: 0.37mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

Taste

Sweetness: 11.89%, Saltiness: 5.97%, Sourness: 0%, Bitterness: 0%, Savoriness: 0%, Fattiness: 100%, Spiciness: 0%

Nutrients (% of daily need)

Calories: 256.58kcal (12.83%), Fat: 8.73g (13.44%), Saturated Fat: 3.23g (20.2%), Carbohydrates: 3.77g (1.26%), Net Carbohydrates: 3.25g (1.18%), Sugar: 1.04g (1.15%), Cholesterol: 110.56mg (36.85%), Sodium: 520.98mg (22.65%), Protein: 37.95g (75.9%), Zinc: 9.36mg (62.4%), Vitamin B12: 3.61µg (60.17%), Selenium: 41.94µg (59.91%), Vitamin B3: 9.31mg (46.53%), Vitamin B6: 0.89mg (44.49%), Phosphorus: 351.14mg (35.11%), Iron: 3.57mg (19.81%), Potassium: 627.15mg (17.92%), Vitamin B2: 0.3mg (17.73%), Vitamin C: 12.47mg (15.12%), Vitamin B5: 1.16mg (11.62%), Magnesium: 42.66mg (10.66%), Vitamin B1: 0.15mg (9.69%), Copper: 0.17mg (8.49%), Folate: 27.06µg (6.77%), Vitamin E: 0.6mg (3.98%), Vitamin K: 3.47µg (3.3%), Calcium: 30.03mg (3%), Manganese: 0.05mg (2.46%), Fiber: 0.53g (2.1%), Vitamin D: 0.17µg (1.13%), Vitamin A: 51.08IU (1.02%)