






 **97%**
HEALTH SCORE

Hunter's Roast

 **Gluten Free**  **Dairy Free**  **Very Healthy**  **Low Fod Map**

READY IN

495 min.

SERVINGS

8

CALORIES

333 kcal

LUNCH **MAIN COURSE** **MAIN DISH** **DINNER**

Ingredients

- 16 ounce pepperoncini peppers
- 4 pounds top round beef roast

Equipment

- slow cooker

Directions

- Remove all fat and gristle from venison; place in slow cooker.

- Pour in enough beer to cover roast. Cover with pepperoncinis.
- Cover, and cook on low setting for 8 hours, or until meat is tender and falling apart.

Nutrition Facts

PROTEIN 63.97% **FAT 32.25%** **CARBS 3.78%**

Properties

Glycemic Index:0, Glycemic Load:0, Inflammation Score:-6, Nutrition Score:29.479130319927%

Nutrients (% of daily need)

Calories: 332.82kcal (16.64%), Fat: 11.5g (17.7%), Saturated Fat: 3.88g (24.25%), Carbohydrates: 3.03g (1.01%), Net Carbohydrates: 1.11g (0.4%), Sugar: 1.11g (1.23%), Cholesterol: 140.61mg (46.87%), Sodium: 134.38mg (5.84%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 51.34g (102.67%), Selenium: 62.99µg (89.99%), Vitamin B6: 1.68mg (84.17%), Vitamin B3: 16.03mg (80.14%), Vitamin B12: 4.2µg (69.93%), Zinc: 9.58mg (63.84%), Vitamin C: 46.89mg (56.84%), Phosphorus: 505.76mg (50.58%), Iron: 4.93mg (27.4%), Potassium: 918.52mg (26.24%), Vitamin B2: 0.39mg (23.15%), Vitamin B1: 0.26mg (17.12%), Magnesium: 64.07mg (16.02%), Copper: 0.28mg (13.78%), Folate: 45.93µg (11.48%), Vitamin B5: 1.14mg (11.39%), Vitamin K: 8.11µg (7.72%), Fiber: 1.93g (7.71%), Vitamin E: 1.07mg (7.14%), Calcium: 51.03mg (5.1%), Manganese: 0.09mg (4.42%), Vitamin A: 192.78IU (3.86%)