



 **66%**
HEALTH SCORE

Italian Pot Roast

 Dairy Free  Very Healthy

READY IN



45 min.

SERVINGS



6

CALORIES



706 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.5 cup wine dry red
- 2 oz celery rinsed ends trimmed chopped
- 0.3 cup finely-chopped ham cooked finely chopped
- 1 cup fat-skimmed beef broth
- 8 ounces mushrooms sliced
- 8 ounces mushrooms sliced
- 1 teaspoon olive oil
- 8 oz onion peeled chopped

- 2 lb pot roast cut with gravy cooked
- 6 servings salt and pepper
- 1.5 pounds pasta like spaghetti dried
- 6 oz canned tomatoes canned

Equipment

- bowl
- frying pan
- pot
- spatula

Directions

- In an 8- to 10-quart covered pan over high heat, bring about 4 quarts water to a boil.
- Add spaghetti and cook until barely tender to bite, 8 to 10 minutes.
- Meanwhile, in a 12-inch nonstick frying pan or 5- to 6-quart nonstick pan over high heat, stir onion, mushrooms, celery, and ham in olive oil until onion begins to brown, 10 to 15 minutes.
- Add broth, wine, and tomato paste; stir until well blended.
- Discard any solidified fat from pot roast and sauce. Scrape sauce from meat into onion-tomato mixture.
- Cut beef across the grain into 1/4-inch-thick slices and lay over onion-tomato sauce; cover and simmer over low heat until beef is hot, 7 to 10 minutes.
- Add salt and pepper to taste.
- Drain spaghetti well and pour onto a rimmed platter or into a wide, shallow bowl. With a slotted spatula, arrange beef slices over pasta. Spoon sauce over meat and pasta.
- Sprinkle with parsley.

Nutrition Facts



Properties

Glycemic Index:33.83, Glycemic Load:35.99, Inflammation Score:-7, Nutrition Score:33.575651811517%

Flavonoids

Petunidin: 0.66mg, Petunidin: 0.66mg, Petunidin: 0.66mg, Petunidin: 0.66mg Delphinidin: 0.84mg, Delphinidin: 0.84mg, Delphinidin: 0.84mg, Delphinidin: 0.84mg Malvidin: 5.25mg, Malvidin: 5.25mg, Malvidin: 5.25mg, Malvidin: 5.25mg Peonidin: 0.37mg, Peonidin: 0.37mg, Peonidin: 0.37mg, Peonidin: 0.37mg Catechin: 1.54mg, Catechin: 1.54mg, Catechin: 1.54mg, Catechin: 1.54mg Epicatechin: 2.13mg, Epicatechin: 2.13mg, Epicatechin: 2.13mg, Epicatechin: 2.13mg Apigenin: 0.27mg, Apigenin: 0.27mg, Apigenin: 0.27mg, Apigenin: 0.27mg Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg Isorhamnetin: 1.9mg, Isorhamnetin: 1.9mg, Isorhamnetin: 1.9mg, Isorhamnetin: 1.9mg Kaempferol: 0.27mg, Kaempferol: 0.27mg, Kaempferol: 0.27mg, Kaempferol: 0.27mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 7.83mg, Quercetin: 7.83mg, Quercetin: 7.83mg, Quercetin: 7.83mg

Nutrients (% of daily need)

Calories: 706.38kcal (35.32%), Fat: 10.95g (16.84%), Saturated Fat: 3.42g (21.36%), Carbohydrates: 93.59g (31.2%), Net Carbohydrates: 87.87g (31.95%), Sugar: 7.56g (8.4%), Cholesterol: 102.86mg (34.29%), Sodium: 590.01mg (25.65%), Alcohol: 2.1g (100%), Alcohol %: 0.55% (100%), Protein: 52.67g (105.35%), Selenium: 118.21µg (168.88%), Zinc: 10.58mg (70.53%), Vitamin B3: 13.41mg (67.03%), Phosphorus: 628.04mg (62.8%), Manganese: 1.22mg (60.8%), Vitamin B12: 3.38µg (56.41%), Vitamin B6: 1.1mg (54.76%), Vitamin B2: 0.68mg (39.95%), Copper: 0.79mg (39.51%), Potassium: 1187.12mg (33.92%), Iron: 5.48mg (30.47%), Vitamin B5: 2.86mg (28.58%), Magnesium: 113.87mg (28.47%), Vitamin B1: 0.36mg (23.75%), Fiber: 5.72g (22.87%), Folate: 67.75µg (16.94%), Vitamin C: 8.75mg (10.6%), Calcium: 72.89mg (7.29%), Vitamin E: 1.05mg (7.03%), Vitamin K: 6.75µg (6.43%), Vitamin A: 104.14IU (2.08%), Vitamin D: 0.3µg (2.02%)