



WHATSheATE

Italian Pot Roast



Dairy Free

READY IN



538 min.

SERVINGS



6

CALORIES



521 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 14 oz beef broth canned
- ☐ 8 oz tomato sauce canned
- ☐ 3 lb chuck roast boneless trimmed
- ☐ 2 tablespoons cornstarch
- ☐ 1 oz onion soup mix dry
- ☐ 8 oz mushrooms fresh sliced
- ☐ 1 teaspoon penzey's southwest seasoning dried italian
- ☐ 2 tablespoons olive oil

- ☐ 1 teaspoon pepper
- ☐ 1 large onion sweet sliced cut in half and
- ☐ 3 tablespoons tomato paste

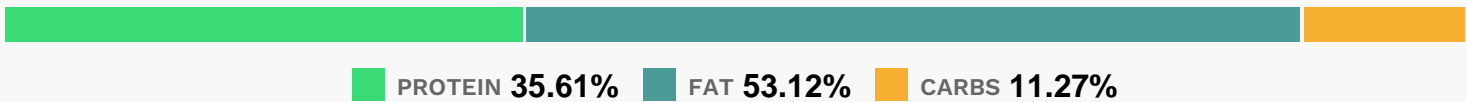
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ slow cooker
- ☐ cutting board

Directions

- ☐ Place mushrooms and onion in a lightly greased 5-to 6-qt. slow cooker.
- ☐ Sprinkle roast with pepper. Cook roast in hot oil in a large skillet over medium-high heat 2 to 3 minutes on each side or until browned.
- ☐ Place roast on top of mushrooms and onion in slow cooker.
- ☐ Sprinkle onion soup mix over roast; pour beef broth and tomato sauce over roast. Cover and cook on LOW 8 to 10 hours or until meat shreds easily with a fork.
- ☐ Transfer roast to a cutting board; cut into large chunks, removing any large pieces of fat. Keep roast warm.
- ☐ Skim fat from juices in slow cooker; stir in tomato paste and Italian seasoning. Stir together cornstarch and 2 Tbsp. water in a small bowl until smooth; add to juices in slow cooker, stirring until blended. Increase slow cooker heat to HIGH. Cover and cook 40 minutes or until mixture is thickened. Stir in roast.

Nutrition Facts



Properties

Glycemic Index:26.5, Glycemic Load:1.5, Inflammation Score:-6, Nutrition Score:30.244782385619%

Flavonoids

Epigallocatechin 3–gallate: 0.04mg, Epigallocatechin 3–gallate: 0.04mg, Epigallocatechin 3–gallate: 0.04mg, Epigallocatechin 3–gallate: 0.04mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.63mg, Kaempferol: 0.63mg, Kaempferol: 0.63mg, Kaempferol: 0.63mg Myricetin: 0.63mg, Myricetin: 0.63mg, Myricetin: 0.63mg Quercetin: 8.01mg, Quercetin: 8.01mg, Quercetin: 8.01mg, Quercetin: 8.01mg

Nutrients (% of daily need)

Calories: 521.44kcal (26.07%), Fat: 31.21g (48.02%), Saturated Fat: 12.21g (76.3%), Carbohydrates: 14.9g (4.97%), Net Carbohydrates: 12.56g (4.57%), Sugar: 6.07g (6.75%), Cholesterol: 156.49mg (52.16%), Sodium: 1058.39mg (46.02%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 47.09g (94.17%), Zinc: 17.52mg (116.83%), Vitamin B12: 6.25µg (104.22%), Selenium: 51.97µg (74.24%), Vitamin B3: 12.47mg (62.35%), Vitamin B6: 1.07mg (53.63%), Phosphorus: 512.83mg (51.28%), Potassium: 1210.74mg (34.59%), Iron: 6.02mg (33.42%), Vitamin B2: 0.56mg (32.81%), Vitamin B5: 2.2mg (22.02%), Copper: 0.39mg (19.33%), Magnesium: 66.2mg (16.55%), Vitamin B1: 0.23mg (15.48%), Vitamin E: 2.08mg (13.84%), Manganese: 0.25mg (12.28%), Vitamin K: 11.03µg (10.51%), Vitamin C: 8.01mg (9.71%), Fiber: 2.33g (9.33%), Folate: 32.45µg (8.11%), Calcium: 76.52mg (7.65%), Vitamin A: 323.91IU (6.48%), Vitamin D: 0.3µg (2.02%)