



Italian Pot Roast

 Dairy Free  Very Healthy

READY IN



45 min.

SERVINGS



6

CALORIES



698 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

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

- ☐ 6 servings salt and pepper
- ☐ 1.5 pounds pasta like spaghetti dried
- ☐ 6 oz tomato paste canned

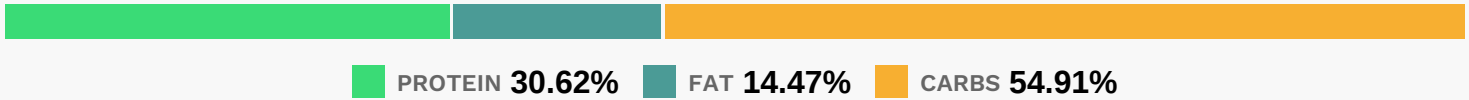
Equipment

- ☐ 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:28.5, Glycemic Load:35.71, Inflammation Score:-7, Nutrition Score:31.523043331893%

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: 698.06kcal (34.9%), Fat: 10.82g (16.64%), Saturated Fat: 3.4g (21.24%), Carbohydrates: 92.36g (30.79%), Net Carbohydrates: 87.02g (31.64%), Sugar: 6.81g (7.57%), Cholesterol: 102.86mg (34.29%), Sodium: 588.12mg (25.57%), Alcohol: 2.1g (100%), Alcohol %: 0.6% (100%), Protein: 51.51g (103.01%), Selenium: 114.7µg (163.86%), Zinc: 10.38mg (69.21%), Vitamin B3: 12.04mg (60.21%), Manganese: 1.2mg (59.91%), Phosphorus: 595.53mg (59.55%), Vitamin B12: 3.37µg (56.16%), Vitamin B6: 1.06mg (52.8%), Copper: 0.67mg (33.5%), Vitamin B2: 0.53mg (31.01%), Potassium: 1066.91mg (30.48%), Iron: 5.3mg (29.42%), Magnesium: 110.47mg (27.62%), Vitamin B5: 2.29mg (22.92%), Vitamin B1: 0.33mg (21.71%), Fiber: 5.34g (21.36%), Folate: 61.33µg (15.33%), Vitamin C: 7.95mg (9.64%), Calcium: 71.76mg (7.18%), Vitamin E: 1.05mg (7%), Vitamin K: 6.75µg (6.43%), Vitamin A: 104.14IU (2.08%), Vitamin D: 0.23µg (1.51%)