



Italian Pot Roast with Fresh Fennel

 Dairy Free

READY IN



160 min.

SERVINGS



8

CALORIES



431 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 3 pound beef chuck pot roast boneless
- 14 ounce beef broth canned
- 4 medium carrots halved lengthwise
- 0.5 cup 1/4 cup dried cranberry (juice sweetened if possible) dry red
- 2 medium fennel bulbs cored trimmed cut into thin wedges
- 3 tablespoons flour all-purpose
- 3 cloves garlic minced
- 1 teaspoon garlic powder

- 8 servings ground pepper black to taste
- 2 teaspoons penzey's southwest seasoning dried italian
- 12 ounces new potatoes quartered
- 1 medium onion cut into thin wedges
- 8 servings salt to taste
- 2 tablespoons vegetable oil
- 0.3 cup water cold

Equipment

- bowl
- frying pan
- oven
- whisk
- stove
- tongs

Directions

- Preheat oven to 325 degrees F. Trim fat from roast. Season roast with garlic powder.
- Heat oil over medium-high heat in a 6 quart pan with lid. Brown roast in hot oil on all sides.
- [Cleaning tip: Once the stove top is cool, wipe up any oil splatters with Clorox® Disinfecting Wipes*. Rinse hands once complete.]
- Combine broth, wine, garlic, and Italian seasoning in a medium bowl; pour over roast. Cover and bake for 1 1/4 hours.
- Add potatoes, carrots, fennel, and onion to pan. Return to oven and bake 60 to 70 minutes more or until desired doneness.
- Using tongs, remove roast and vegetables to a serving platter. For gravy, pour 1 1/2 cups pan juices into a bowl; skim off fat and return juices to pan.
- Combine water and flour in a small bowl.
- Whisk into juices in pan. Cook and stir over medium heat until thickened and bubbly; cook, stirring constantly, for 1 minute more. Season to taste with salt and pepper.

Serve gravy with roast and vegetables.

Nutrition Facts

PROTEIN 32.69% **FAT 48.06%** **CARBS 19.25%**

Properties

Glycemic Index:50.7, Glycemic Load:10.56, Inflammation Score:-10, Nutrition Score:31.595652077509%

Flavonoids

Eriodictyol: 0.63mg, Eriodictyol: 0.63mg, Eriodictyol: 0.63mg, Eriodictyol: 0.63mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.51mg, Kaempferol: 0.51mg, Kaempferol: 0.51mg, Kaempferol: 0.51mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 3.31mg, Quercetin: 3.31mg, Quercetin: 3.31mg, Quercetin: 3.31mg

Nutrients (% of daily need)

Calories: 430.59kcal (21.53%), Fat: 23.36g (35.94%), Saturated Fat: 9.25g (57.79%), Carbohydrates: 21.05g (7.02%), Net Carbohydrates: 16.83g (6.12%), Sugar: 6.62g (7.36%), Cholesterol: 117.37mg (39.12%), Sodium: 571.99mg (24.87%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 35.75g (71.5%), Vitamin A: 5213.23IU (104.26%), Zinc: 13.2mg (88.03%), Vitamin B12: 4.68µg (77.97%), Selenium: 37.27µg (53.24%), Vitamin K: 54.54µg (51.94%), Vitamin B3: 9.1mg (45.48%), Vitamin B6: 0.9mg (45.15%), Phosphorus: 405.35mg (40.53%), Potassium: 1162.24mg (33.21%), Iron: 4.91mg (27.27%), Vitamin C: 20.05mg (24.31%), Vitamin B2: 0.33mg (19.54%), Manganese: 0.34mg (17%), Fiber: 4.22g (16.89%), Magnesium: 61.81mg (15.45%), Vitamin B5: 1.44mg (14.44%), Vitamin B1: 0.21mg (13.86%), Copper: 0.23mg (11.57%), Folate: 43.82µg (10.95%), Vitamin E: 1.44mg (9.57%), Calcium: 91.68mg (9.17%), Vitamin D: 0.17µg (1.13%)