



 **64%**
HEALTH SCORE

Italian-Style Pot Roast

 **Gluten Free**  **Very Healthy**

READY IN



185 min.

SERVINGS



5

CALORIES



962 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 3 lb beef chuck eye roast boneless
- 30 oz cannellini beans drained canned
- 28 oz canned tomatoes diced drained canned
- 4 large carrots 1-inch-thick peeled cut into slices
- 4 cups polenta hot cooked
- 0.3 cup parsley fresh divided chopped
- 2 cloves garlic sliced
- 0.5 cup a.1. original sauce

- 0.8 cup kalamata olives pitted cut in half
- 14.5 oz 5%-less-sodium beef broth canned
- 2 tsp oil
- 2 small onions sliced
- 0.3 cup parmesan cheese grated kraft

Equipment

- frying pan
- oven
- dutch oven

Directions

- Heat oven to 350F.
- Heat oil in ovenproof Dutch oven or large deep skillet on medium-high heat.
- Add meat; cook 4 min. on each side or until browned on both sides.
- Remove meat from pan, reserving drippings in pan.
- Add onions and garlic to reserved drippings; cook and stir 5 min. or until onions are crisp-tender.
- Remove from pan.
- Return meat to Dutch oven; top with onion mixture and 2 Tbsp. parsley.
- Add beans, tomatoes, carrots and olives to pan.
- Mix broth and steak sauce; pour over meat. Cover.
- Bake 2-1/2 hours or until meat is done (160F).
- Sprinkle with cheese and remaining parsley.
- Serve with polenta.

Nutrition Facts



Properties

Glycemic Index:27.17, Glycemic Load:2.55, Inflammation Score:-10, Nutrition Score:54.087826376376%

Flavonoids

Apigenin: 6.48mg, Apigenin: 6.48mg, Apigenin: 6.48mg, Apigenin: 6.48mg Luteolin: 0.25mg, Luteolin: 0.25mg, Luteolin: 0.25mg, Luteolin: 0.25mg Isorhamnetin: 1.4mg, Isorhamnetin: 1.4mg, Isorhamnetin: 1.4mg, Isorhamnetin: 1.4mg Kaempferol: 0.38mg, Kaempferol: 0.38mg, Kaempferol: 0.38mg, Kaempferol: 0.38mg Myricetin: 0.54mg, Myricetin: 0.54mg, Myricetin: 0.54mg, Myricetin: 0.54mg Quercetin: 6.63mg, Quercetin: 6.63mg, Quercetin: 6.63mg, Quercetin: 6.63mg

Nutrients (% of daily need)

Calories: 962.07kcal (48.1%), Fat: 39g (59.99%), Saturated Fat: 15.36g (95.98%), Carbohydrates: 83.63g (27.88%), Net Carbohydrates: 70.25g (25.55%), Sugar: 13.5g (15%), Cholesterol: 192.14mg (64.05%), Sodium: 1338.89mg (58.21%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 72.98g (145.97%), Vitamin A: 10279.52IU (205.59%), Zinc: 22.38mg (149.23%), Vitamin B12: 7.5µg (124.96%), Selenium: 70.68µg (100.98%), Phosphorus: 861.36mg (86.14%), Vitamin B6: 1.58mg (79.01%), Vitamin B3: 14.72mg (73.58%), Potassium: 2268.14mg (64.8%), Vitamin K: 67.27µg (64.07%), Iron: 10.74mg (59.66%), Fiber: 13.38g (53.52%), Manganese: 1.03mg (51.28%), Folate: 182.33µg (45.58%), Magnesium: 181.01mg (45.25%), Vitamin B1: 0.59mg (39.23%), Vitamin B2: 0.66mg (38.79%), Copper: 0.65mg (32.67%), Vitamin C: 26.81mg (32.5%), Calcium: 277.88mg (27.79%), Vitamin B5: 2.71mg (27.13%), Vitamin E: 3.16mg (21.04%), Vitamin D: 0.3µg (1.98%)