



Marie's Easy Slow Cooker Pot Roast

 Dairy Free  Popular

READY IN



580 min.

SERVINGS



8

CALORIES



500 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 3 carrots chopped
- 1 stalk celery chopped
- 4 pounds chuck roast
- 1 packet onion soup mix dry
- 1 onion chopped
- 3 potatoes cubed peeled
- 8 servings salt and pepper to taste
- 1 cup water

Equipment

- frying pan
- slow cooker

Directions

- Season the roast with salt and pepper to taste. Brown on all sides in a large skillet over high heat, about 4 minutes per side.
- Place the roast in the slow cooker and add the soup mix, water, carrots, onion, potatoes, and celery.
- Cover and cook on Low setting for 8 to 10 hours.

Nutrition Facts

PROTEIN 36.51% **FAT 46.91%** **CARBS 16.58%**

Properties

Glycemic Index:23.7, Glycemic Load:11.25, Inflammation Score:-10, Nutrition Score:32.063477941181%

Flavonoids

Apigenin: 0.14mg, Apigenin: 0.14mg, Apigenin: 0.14mg, Apigenin: 0.14mg Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.79mg, Kaempferol: 0.79mg, Kaempferol: 0.79mg, Kaempferol: 0.79mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 3.42mg, Quercetin: 3.42mg, Quercetin: 3.42mg, Quercetin: 3.42mg

Nutrients (% of daily need)

Calories: 499.97kcal (25%), Fat: 26.2g (40.31%), Saturated Fat: 11.48g (71.72%), Carbohydrates: 20.83g (6.94%), Net Carbohydrates: 17.79g (6.47%), Sugar: 2.59g (2.88%), Cholesterol: 156.49mg (52.16%), Sodium: 805.65mg (35.03%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 45.89g (91.77%), Zinc: 17.43mg (116.21%), Vitamin B12: 6.19µg (103.19%), Vitamin A: 3876.05IU (77.52%), Selenium: 47.32µg (67.6%), Vitamin B6: 1.19mg (59.26%), Vitamin B3: 10.98mg (54.89%), Phosphorus: 497.92mg (49.79%), Potassium: 1231.6mg (35.19%), Iron: 5.51mg (30.62%), Vitamin B2: 0.39mg (22.82%), Vitamin C: 18.43mg (22.34%), Vitamin B5: 1.76mg (17.63%), Magnesium: 69.43mg (17.36%), Vitamin B1: 0.25mg (16.67%), Copper: 0.26mg (13.23%), Fiber: 3.04g (12.17%), Manganese: 0.23mg (11.71%), Vitamin K: 9.53µg (9.08%), Folate: 28.34µg (7.09%), Calcium: 69.01mg (6.9%), Vitamin E: 0.61mg (4.08%), Vitamin D: 0.23µg (1.51%)