



Mexican Pot Roast

 Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



656 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 14.5 ounce beef broth divided canned
- 1 teaspoon chili powder
- 4 pound beef chuck boneless
- 6 servings cilantro leaves fresh
- 1 stick cinnamon (3-inch)
- 0.3 cup flour all-purpose divided
- 3 medium onion
- 1 tablespoon paprika

- 2 teaspoons salt
- 3 tablespoons vegetable oil

Equipment

- whisk
- dutch oven

Directions

- Stir together 2 tablespoons flour and next 3 ingredients in a shallow dish. Dredge roast in mixture.
- Brown roast in hot oil in a Dutch oven. Insert cloves into onions, and add onions to Dutch oven. Reserve 1/4 cup broth.
- Add remaining broth and cinnamon stick to Dutch oven; bring to a boil. Cover, reduce heat, and simmer 2 to 2 1/2 hours or until meat is tender.
- Transfer roast to a serving platter, reserving drippings; keep roast warm.
- Remove and discard onions.
- Add water to drippings to make 2 cups, and return to Dutch oven.
- Whisk together remaining 2 tablespoons flour and reserved 1/4 cup beef broth until smooth; whisk into drippings. Cook over medium heat, whisking constantly, until thickened and bubbly.
- Serve gravy with roast.
- Garnish, if desired.

Nutrition Facts

 **PROTEIN 36.46%**  **FAT 57.24%**  **CARBS 6.3%**

Properties

Glycemic Index:25.67, Glycemic Load:4.05, Inflammation Score:-7, Nutrition Score:32.370000051415%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg Kaempferol: 0.36mg, Kaempferol: 0.36mg, Kaempferol: 0.36mg, Kaempferol: 0.36mg

Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 11.22mg, Quercetin: 11.22mg, Quercetin: 11.22mg, Quercetin: 11.22mg

Nutrients (% of daily need)

Calories: 655.87kcal (32.79%), Fat: 41.98g (64.58%), Saturated Fat: 16.43g (102.66%), Carbohydrates: 10.41g (3.47%), Net Carbohydrates: 8.5g (3.09%), Sugar: 2.5g (2.78%), Cholesterol: 208.65mg (69.55%), Sodium: 1283.63mg (55.81%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 60.16g (120.32%), Zinc: 22.95mg (152.99%), Vitamin B12: 8.3µg (138.39%), Selenium: 64.98µg (92.82%), Vitamin B3: 14.15mg (70.73%), Vitamin B6: 1.27mg (63.32%), Phosphorus: 607.09mg (60.71%), Iron: 7.13mg (39.59%), Potassium: 1163.12mg (33.23%), Vitamin B2: 0.51mg (30.08%), Vitamin B5: 2mg (19.96%), Vitamin K: 19.06µg (18.15%), Vitamin B1: 0.27mg (18.13%), Magnesium: 68.44mg (17.11%), Vitamin A: 722.34IU (14.45%), Manganese: 0.27mg (13.6%), Copper: 0.23mg (11.39%), Vitamin E: 1.63mg (10.85%), Calcium: 79.11mg (7.91%), Folate: 31.19µg (7.8%), Fiber: 1.91g (7.65%), Vitamin C: 4.13mg (5.01%), Vitamin D: 0.3µg (2.02%)