



Momma Neely's Pot Roast

 **Gluten Free**  **Dairy Free**

READY IN

ready

170 min.

SERVINGS

servings

8

CALORIES

calories

357 kcal

- LUNCH
- MAIN COURSE
- MAIN DISH
- DINNER

Ingredients

- ☐ 2 bay leaves
- ☐ 2 cups beef stock
- ☐ 3 pound bottom round roast boneless
- ☐ 3 carrots peeled sliced into 1/2-inch pieces
- ☐ 3 cloves garlic smashed
- ☐ 8 servings kosher salt and pepper black freshly ground
- ☐ 8 servings freshly parsley leaves chopped for garnish
- ☐ 1 cup red wine

- ☐ 2 thyme sprigs fresh
- ☐ 1 tablespoon tomato paste
- ☐ 0.3 cup vegetable oil
- ☐ 2 onions yellow peeled quartered

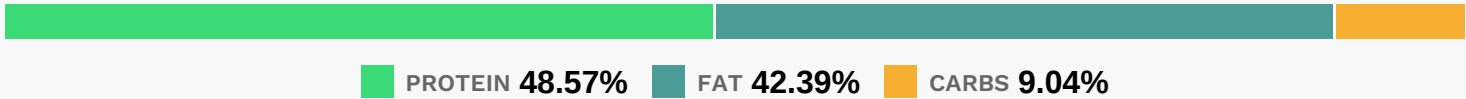
Equipment

- ☐ oven
- ☐ dutch oven
- ☐ cutting board

Directions

- ☐ Watch how to make this recipe.
- ☐ Preheat the oven to 350 degrees F.
- ☐ Season the roast on all sides with salt and pepper.
- ☐ In a Dutch oven over medium-high heat, heat the vegetable oil and sear the roast on all sides.
- ☐ Add the onions, garlic and tomato paste and cook until slightly colored.
- ☐ Add the wine, stock, thyme and bay leaves. Bring the liquid to a simmer, cover, and place in the oven.
- ☐ Roast for 1 1/2 hours and then add the carrots. Continue to cook for 1 more hour.
- ☐ Transfer the roast to a cutting board and let rest for 15 to 20 minutes. Slice and place on a serving platter. Skim the fat off the braising liquid and serve with the roast.
- ☐ Garnish with parsley.

Nutrition Facts



Properties

Glycemic Index:34.1, Glycemic Load:1.71, Inflammation Score:-10, Nutrition Score:29.281739462977%

Flavonoids

Cyanidin: 0.06mg, Cyanidin: 0.06mg, Cyanidin: 0.06mg, Cyanidin: 0.06mg Petunidin: 0.59mg, Petunidin: 0.59mg, Petunidin: 0.59mg, Petunidin: 0.59mg Delphinidin: 0.6mg, Delphinidin: 0.6mg, Delphinidin: 0.6mg, Delphinidin: 0.6mg Malvidin: 4.15mg, Malvidin: 4.15mg, Malvidin: 4.15mg, Malvidin: 4.15mg Peonidin: 0.38mg, Peonidin: 0.38mg, Peonidin: 0.38mg, Peonidin: 0.38mg Catechin: 2.14mg, Catechin: 2.14mg, Catechin: 2.14mg, Catechin: 2.14mg Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg Epicatechin: 1.14mg, Epicatechin: 1.14mg, Epicatechin: 1.14mg, Epicatechin: 1.14mg Hesperetin: 0.19mg, Hesperetin: 0.19mg, Hesperetin: 0.19mg, Hesperetin: 0.19mg Naringenin: 0.53mg, Naringenin: 0.53mg, Naringenin: 0.53mg, Naringenin: 0.53mg Apigenin: 8.67mg, Apigenin: 8.67mg, Apigenin: 8.67mg, Apigenin: 8.67mg Luteolin: 0.2mg, Luteolin: 0.2mg, Luteolin: 0.2mg, Luteolin: 0.2mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.32mg, Kaempferol: 0.32mg, Kaempferol: 0.32mg, Kaempferol: 0.32mg Myricetin: 0.76mg, Myricetin: 0.76mg, Myricetin: 0.76mg, Myricetin: 0.76mg Quercetin: 5.97mg, Quercetin: 5.97mg, Quercetin: 5.97mg, Quercetin: 5.97mg Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg

Nutrients (% of daily need)

Calories: 357.38kcal (17.87%), Fat: 15.44g (23.76%), Saturated Fat: 3.98g (24.88%), Carbohydrates: 7.41g (2.47%), Net Carbohydrates: 6g (2.18%), Sugar: 3.05g (3.39%), Cholesterol: 105.46mg (35.15%), Sodium: 250.42mg (10.89%), Alcohol: 3.18g (100%), Alcohol %: 1.24% (100%), Protein: 39.82g (79.63%), Vitamin A: 4204.18IU (84.08%), Vitamin K: 83.89µg (79.89%), Selenium: 48.33µg (69.05%), Vitamin B6: 1.25mg (62.44%), Vitamin B3: 12.47mg (62.34%), Vitamin B12: 3.15µg (52.45%), Zinc: 7.4mg (49.31%), Phosphorus: 413.34mg (41.33%), Potassium: 892.42mg (25.5%), Iron: 4.32mg (24.01%), Vitamin B2: 0.37mg (21.55%), Magnesium: 57.84mg (14.46%), Vitamin B1: 0.21mg (14.29%), Copper: 0.24mg (12.02%), Vitamin C: 9.91mg (12.01%), Folate: 39.71µg (9.93%), Manganese: 0.18mg (9.1%), Vitamin E: 1.35mg (8.99%), Vitamin B5: 0.87mg (8.75%), Calcium: 63.33mg (6.33%), Fiber: 1.41g (5.65%)