



 **64%**
HEALTH SCORE

New England Pot Roast

 Dairy Free  Very Healthy

READY IN



240 min.

SERVINGS



8

CALORIES



514 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 4 lb blade steak boneless
- 1 teaspoons salt
- 1 teaspoon pepper
- 8 oz horseradish prepared
- 1 cup water
- 8 small potatoes cut in half
- 8 medium carrots cut into fourths
- 8 small onion

- 0.5 cup water cold
- 0.3 cup flour all-purpose

Equipment

- dutch oven

Directions

- In 4-quart Dutch oven, cook beef over medium heat until brown on all sides. Reduce heat to low.
- Sprinkle beef with salt and pepper.
- Spread horseradish over all sides of beef.
- Add 1 cup water to Dutch oven.
- Heat to boiling; reduce heat. Cover and simmer 2 hours 30 minutes.
- Add potatoes, carrots and onions to Dutch oven. Cover and simmer about 1 hour or until beef and vegetables are tender.
- Remove beef and vegetables to warm platter; keep warm. Skim excess fat from broth in Dutch oven.
- Add enough water to broth to measure 2 cups. In tightly covered container, shake 1/2 cup cold water and the flour; gradually stir into broth.
- Heat to boiling, stirring constantly. Boil and stir 1 minute.
- Serve gravy with beef and vegetables.

Nutrition Facts

 **PROTEIN 39.58%**  **FAT 23.4%**  **CARBS 37.02%**

Properties

Glycemic Index:37.45, Glycemic Load:28.1, Inflammation Score:-10, Nutrition Score:44.075217340304%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Isorhamnetin: 3.51mg, Isorhamnetin: 3.51mg, Isorhamnetin: 3.51mg, Isorhamnetin: 3.51mg Kaempferol: 1.96mg, Kaempferol: 1.96mg, Kaempferol: 1.96mg, Kaempferol: 1.96mg Myricetin:

0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 15.53mg, Quercetin: 15.53mg, Quercetin: 15.53mg, Quercetin: 15.53mg

Nutrients (% of daily need)

Calories: 514kcal (25.7%), Fat: 13.61g (20.93%), Saturated Fat: 5.73g (35.84%), Carbohydrates: 48.42g (16.14%), Net Carbohydrates: 40.68g (14.79%), Sugar: 9.46g (10.51%), Cholesterol: 161.03mg (53.68%), Sodium: 664.5mg (28.89%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 51.78g (103.56%), Vitamin A: 10213.27IU (204.27%), Vitamin B12: 10.02µg (167.07%), Zinc: 18.95mg (126.31%), Selenium: 57.03µg (81.47%), Vitamin B6: 1.58mg (79.09%), Phosphorus: 630.49mg (63.05%), Vitamin B3: 12.23mg (61.14%), Vitamin C: 49.33mg (59.79%), Potassium: 1875.12mg (53.57%), Vitamin B2: 0.77mg (45.31%), Iron: 7.68mg (42.64%), Vitamin B1: 0.49mg (32.74%), Fiber: 7.74g (30.97%), Vitamin B5: 3.09mg (30.93%), Manganese: 0.56mg (27.88%), Magnesium: 108.17mg (27.04%), Copper: 0.5mg (24.78%), Folate: 82.24µg (20.56%), Vitamin K: 15.75µg (15%), Calcium: 102.93mg (10.29%), Vitamin E: 0.89mg (5.97%), Vitamin D: 0.23µg (1.51%)