



HEALTH SCORE

100%

New England Pot Roast

 Dairy Free  Very Healthy

READY IN



240 min.

SERVINGS



8

CALORIES



528 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 8 medium carrots cut into fourths
- 0.3 cup flour all-purpose
- 8 oz horseradish prepared
- 8 small onion
- 1 teaspoon pepper
- 4 lb pot roast cut boneless
- 8 small potatoes cut in half
- 1 teaspoons salt

0.5 cup water cold

1 cup water

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 42.27% **FAT 20.74%** **CARBS 36.99%**

Properties

Glycemic Index:37.45, Glycemic Load:28.1, Inflammation Score:-10, Nutrition Score:42.590869395629%

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: 527.61kcal (26.38%), Fat: 12.06g (18.56%), Saturated Fat: 4.38g (27.38%), Carbohydrates: 48.42g (16.14%), Net Carbohydrates: 40.68g (14.79%), Sugar: 9.46g (10.51%), Cholesterol: 147.42mg (49.14%), Sodium: 635.02mg (27.61%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 55.34g (110.68%), Vitamin A: 10197.4IU (203.95%), Vitamin B6: 1.8mg (90.09%), Zinc: 13.46mg (89.72%), Selenium: 58.62µg (83.74%), Vitamin B12: 4.79µg (79.76%), Vitamin B3: 14.66mg (73.28%), Phosphorus: 607.81mg (60.78%), Vitamin C: 49.33mg (59.79%), Potassium: 1843.37mg (52.67%), Iron: 6.56mg (36.47%), Fiber: 7.74g (30.97%), Vitamin B2: 0.52mg (30.37%), Magnesium: 114.98mg (28.74%), Manganese: 0.57mg (28.33%), Vitamin B1: 0.42mg (27.75%), Folate: 104.92µg (26.23%), Copper: 0.48mg (23.87%), Vitamin B5: 2.29mg (22.86%), Vitamin K: 15.07µg (14.36%), Calcium: 109.73mg (10.97%), Vitamin E: 1.1mg (7.33%), Vitamin D: 0.23µg (1.51%)