



Newcastle Pot Roast

READY IN



45 min.

SERVINGS



10

CALORIES



506 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 4 pounds baking potatoes cubed peeled
- 0.5 teaspoon pepper black freshly ground
- 2 tablespoons butter
- 3 tablespoons cornstarch
- 12 ounce beer dark (such as Newcastle)
- 4 cups milk fat-free
- 1 tablespoon thyme leaves fresh
- 0.8 teaspoon kosher salt
- 1.5 teaspoons kosher salt

- 1 cup less-sodium beef broth fat-free
- 1.5 pounds onion sliced
- 1 teaspoon poppy seeds
- 4 pound beef rump roast trimmed

Equipment

- bowl
- frying pan
- sauce pan
- oven
- whisk
- dutch oven

Directions

- Preheat oven to 30
- To prepare pot roast, melt butter in a large Dutch oven over medium-high heat.
- Add onion to pan; saut 12 minutes or until almost tender. Reduce heat to medium-low; cook for 40 minutes or until onions are caramelized, stirring frequently.
- Transfer onions to a bowl.
- Place pan over medium-high heat. Coat pan with cooking spray.
- Sprinkle roast evenly with 1 1/2 teaspoons salt and 1/2 teaspoon pepper.
- Add roast to pan; cook 5 minutes, turning to brown on all sides.
- Add onion mixture, broth, thyme, and beer to pan; bring to a simmer. Cover and bake at 300 for 2 hours or until tender, turning over halfway during cooking time.
- Remove roast from pan. Cover and keep warm.
- Place pan over medium-high heat.
- Add cornstarch to pan, stirring with a whisk; bring to a boil. Cook for 1 minute, stirring constantly.
- To prepare potatoes, place fat-free milk and potatoes in a large saucepan; bring to a boil. Reduce heat, and simmer 15 minutes or until tender. Mash potatoes; stir in poppy seeds, 3/4

teaspoon salt, and 1/2 teaspoon black pepper.

Serve roast with potatoes and sauce.

Nutrition Facts

PROTEIN 39.84% **FAT 21.41%** **CARBS 38.75%**

Properties

Glycemic Index:31.75, Glycemic Load:29.32, Inflammation Score:-9, Nutrition Score:32.819130296293%

Flavonoids

Catechin: 0.13mg, Catechin: 0.13mg, Catechin: 0.13mg, Catechin: 0.13mg Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.33mg, Luteolin: 0.33mg, Luteolin: 0.33mg, Luteolin: 0.33mg Isorhamnetin: 3.41mg, Isorhamnetin: 3.41mg, Isorhamnetin: 3.41mg Kaempferol: 0.72mg, Kaempferol: 0.72mg, Kaempferol: 0.72mg, Kaempferol: 0.72mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 13.82mg, Quercetin: 13.82mg, Quercetin: 13.82mg, Quercetin: 13.82mg Gallocatechin: 0.03mg, Gallocatechin: 0.03mg, Gallocatechin: 0.03mg, Gallocatechin: 0.03mg

Nutrients (% of daily need)

Calories: 505.76kcal (25.29%), Fat: 11.7g (18%), Saturated Fat: 4.66g (29.15%), Carbohydrates: 47.65g (15.88%), Net Carbohydrates: 43.93g (15.98%), Sugar: 8.97g (9.97%), Cholesterol: 121.45mg (40.48%), Sodium: 740.55mg (32.2%), Alcohol: 1.33g (100%), Alcohol %: 0.28% (100%), Protein: 49g (98%), Vitamin B6: 1.97mg (98.42%), Selenium: 53.63µg (76.61%), Vitamin B3: 14.52mg (72.62%), Vitamin B12: 3.94µg (65.61%), Phosphorus: 623.73mg (62.37%), Zinc: 8.68mg (57.85%), Potassium: 1704.07mg (48.69%), Iron: 5.63mg (31.25%), Vitamin B2: 0.51mg (30.01%), Vitamin B1: 0.41mg (27.24%), Magnesium: 108.35mg (27.09%), Manganese: 0.45mg (22.56%), Calcium: 213.07mg (21.31%), Copper: 0.41mg (20.33%), Vitamin C: 16.5mg (20%), Vitamin B5: 1.79mg (17.93%), Folate: 66.58µg (16.64%), Fiber: 3.72g (14.87%), Vitamin D: 1.08µg (7.19%), Vitamin A: 306.87IU (6.14%), Vitamin K: 6.07µg (5.79%), Vitamin E: 0.65mg (4.32%)