






 **25%**
HEALTH SCORE

No Fuss Sunday Slow-Cooker Balsamic Pot Roast

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

READY IN

45 min.

SERVINGS

4

CALORIES

568 kcal

LUNCH **MAIN COURSE** **MAIN DISH** **DINNER**

Ingredients

- 2.5 Lb beef chuck boneless
- 1 onion roughly chopped
- 1 cup beef broth low sodium
- 3 Tbsp balsamic vinegar
- 2 Tbsp tomato paste
- 2 Tbsp cooking tapioca quick
- 3 garlic clove

- 1 tsp seasoning italian homemade store bought
- 4 servings salt and pepper to taste

Equipment

- bowl
- whisk
- slow cooker
- gravy boat

Directions

- Place onions in slow cooker. (I used half of a red onion and half of white because I had them and they needed to be used)
- Place roast on top of onions.
- Season meat with salt and pepper.
- In a small bowl whisk together broth, vinegar, tomato paste, tapioca, garlic and Italian seasoning.
- Pour mixture over meat.
- Set cooker on low and cook for 8-10 hours. If youre short on time set cooker to high and cook 4-5 hours.
- Let cook without disturbing or checking on it; Every time you open the lid it lets all that precious hot air out. I was bummed to come home and find that my lid somehow and fallen in and created a constant leak. But it all worked out just fine in the end.
- Once roast is cooked and is tender to the point of falling apart transfer to serving dish.
- Use juice and onions in crockpot as gravy.
- Transfer liquid to a gravy boat.
- Plate it up
- ENJOY!!!

Nutrition Facts



■ PROTEIN 39.6% ■ FAT 51.69% ■ CARBS 8.71%

Properties

Glycemic Index:39.25, Glycemic Load:2.34, Inflammation Score:-4, Nutrition Score:28.932173913043%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 5.62mg, Quercetin: 5.62mg, Quercetin: 5.62mg, Quercetin: 5.62mg

Taste

Sweetness: 18.26%, Saltiness: 100%, Sourness: 28.15%, Bitterness: 16.89%, Savoriness: 59.26%, Fattiness: 48.23%, Spiciness: 0%

Nutrients (% of daily need)

Calories: 567.52kcal (28.38%), Fat: 32.64g (50.22%), Saturated Fat: 14.32g (89.51%), Carbohydrates: 12.37g (4.12%), Net Carbohydrates: 11.33g (4.12%), Sugar: 3.98g (4.42%), Cholesterol: 195.61mg (65.2%), Sodium: 600.97mg (26.13%), Protein: 56.27g (112.53%), Zinc: 21.46mg (143.1%), Vitamin B12: 7.74µg (128.99%), Selenium: 59.3µg (84.72%), Vitamin B3: 12.57mg (62.86%), Vitamin B6: 1.17mg (58.43%), Phosphorus: 556.81mg (55.68%), Iron: 6.48mg (36.03%), Potassium: 1210.65mg (34.59%), Vitamin B2: 0.44mg (25.62%), Vitamin B5: 1.8mg (18.03%), Magnesium: 63.2mg (15.8%), Vitamin B1: 0.21mg (13.99%), Copper: 0.23mg (11.29%), Manganese: 0.16mg (8.21%), Vitamin K: 8.11µg (7.72%), Calcium: 72.02mg (7.2%), Vitamin E: 0.97mg (6.48%), Vitamin C: 4.5mg (5.45%), Fiber: 1.03g (4.14%), Folate: 15.82µg (3.96%), Vitamin A: 167.26IU (3.35%), Vitamin D: 0.28µg (1.89%)