



Octoberfest Roast



Gluten Free



Dairy Free

READY IN



235 min.

SERVINGS



6

CALORIES



493 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 cup beef stock
- ☐ 1 cup beer
- ☐ 1.5 tablespoons brown sugar
- ☐ 1 tablespoon cornstarch
- ☐ 2 tablespoons dijon mustard
- ☐ 2 cloves garlic minced
- ☐ 0.3 teaspoon ground nutmeg
- ☐ 6 servings salt and ground pepper black to taste

- ☐ 3 onions sliced
- ☐ 4 pound beef pot roast
- ☐ 1 teaspoon vegetable oil
- ☐ 1 tablespoon water

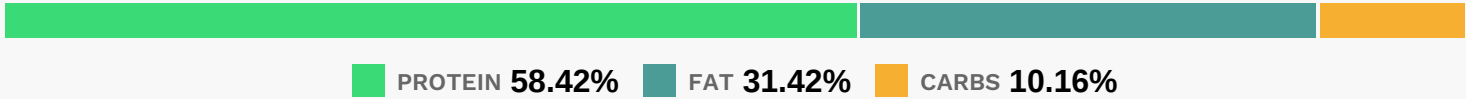
Equipment

- ☐ bowl
- ☐ oven
- ☐ whisk
- ☐ pot
- ☐ aluminum foil
- ☐ dutch oven

Directions

- ☐ Preheat oven to 325 degrees F (165 degrees C).
- ☐ Heat vegetable oil in a Dutch oven over medium heat; brown the pot roast on all sides in the hot Dutch oven, 2 to 3 minutes per side.
- ☐ Mix the Dijon mustard, brown sugar, garlic, and nutmeg together in a small bowl; spread evenly over the browned pot roast.
- ☐ Layer the onion slices atop the pot roast.
- ☐ Pour the beer and beef stock over the pot roast; season with salt and black pepper. Cover the Dutch oven.
- ☐ Roast in the preheated oven until completely tender, about 3 1/2 hours.
- ☐ Remove the cover from the Dutch oven during the final 20 minutes of cooking time.
- ☐ Transfer the roast to a platter, and cover with aluminum foil; allow to rest for 10 minutes.
- ☐ While the meat rests, whisk the cornstarch and water together in a small bowl; stir the cornstarch slurry into the juices left in the Dutch oven.
- ☐ Place the Dutch oven over medium heat; bring the gravy to a low boil, and cook and stir until thickened.
- ☐ Serve on the side as gravy, or slice the beef and pour over the slices on a platter.

Nutrition Facts



Properties

Glycemic Index:38.58, Glycemic Load:1.84, Inflammation Score:-6, Nutrition Score:33.105652098422%

Flavonoids

Catechin: 0.15mg, Catechin: 0.15mg, Catechin: 0.15mg, Catechin: 0.15mg Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg Kaempferol: 0.68mg, Kaempferol: 0.68mg, Kaempferol: 0.68mg, Kaempferol: 0.68mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 11.19mg, Quercetin: 11.19mg, Quercetin: 11.19mg, Quercetin: 11.19mg Gallocatechin: 0.03mg, Gallocatechin: 0.03mg, Gallocatechin: 0.03mg, Gallocatechin: 0.03mg

Nutrients (% of daily need)

Calories: 492.78kcal (24.64%), Fat: 16.32g (25.11%), Saturated Fat: 5.86g (36.61%), Carbohydrates: 11.87g (3.96%), Net Carbohydrates: 10.65g (3.87%), Sugar: 5.56g (6.18%), Cholesterol: 196.56mg (65.52%), Sodium: 363.03mg (15.78%), Alcohol: 1.53g (100%), Alcohol %: 0.43% (100%), Protein: 68.28g (136.56%), Zinc: 16.79mg (111.9%), Selenium: 77µg (110%), Vitamin B12: 6.39µg (106.47%), Vitamin B3: 16.44mg (82.21%), Vitamin B6: 1.6mg (80.12%), Phosphorus: 649.23mg (64.92%), Iron: 6.48mg (35.98%), Potassium: 1186.03mg (33.89%), Vitamin B2: 0.57mg (33.75%), Magnesium: 83.52mg (20.88%), Vitamin B5: 2.09mg (20.88%), Vitamin B1: 0.29mg (19.01%), Copper: 0.33mg (16.5%), Folate: 53.41µg (13.35%), Manganese: 0.17mg (8.74%), Calcium: 70.93mg (7.09%), Vitamin E: 0.97mg (6.48%), Vitamin C: 4.4mg (5.34%), Vitamin K: 5.52µg (5.26%), Fiber: 1.23g (4.9%), Vitamin D: 0.3µg (2.02%)