



## Old-Fashioned Pot Roast

 Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



447 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- ☐ 1 slices to 2 bacon chopped
- ☐ 4 pound sirloin beef tips
- ☐ 1 cup bourbon
- ☐ 0.5 teaspoon basil dried
- ☐ 2 tablespoons flour all-purpose
- ☐ 8 servings flour all-purpose
- ☐ 0.5 teaspoon oregano dried
- ☐ 0.8 teaspoon pepper divided

- ☐ 1.8 teaspoons salt divided
- ☐ 2 tablespoons vegetable oil
- ☐ 1 cup burgundy dry red

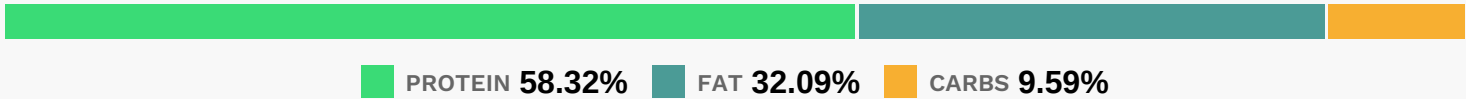
## Equipment

- ☐ oven
- ☐ whisk
- ☐ dutch oven

## Directions

- ☐ Cut deep slits in fatty portion of roast; insert chopped bacon.
- ☐ Sprinkle roast with 2 tablespoons flour.
- ☐ Brown all sides of roast in hot oil in an ovenproof Dutch oven.
- ☐ Add 1 teaspoon salt, 1/2 teaspoon pepper, and next 4 ingredients; bring to a boil over medium heat. Boil, stirring constantly, 3 minutes.
- ☐ Remove from heat, and cover.
- ☐ Bake at 325 for 1 1/2 hours or until tender.
- ☐ Remove roast from Dutch oven; keep warm. Measure drippings, and return to Dutch oven.
- ☐ Whisk together 1/4 cup water and 1 tablespoon flour per cup of drippings.
- ☐ Whisk flour mixture, remaining 3/4 teaspoon salt, and remaining 1/4 teaspoon pepper into drippings; cook over medium heat, stirring constantly, until thickened.
- ☐ Serve with roast.

## Nutrition Facts



## Properties

Glycemic Index:25.25, Glycemic Load:5.2, Inflammation Score:-6, Nutrition Score:25.010869665314%

## Flavonoids

Petunidin: 1mg, Petunidin: 1mg, Petunidin: 1mg, Petunidin: 1mg Delphinidin: 1.25mg, Delphinidin: 1.25mg, Delphinidin: 1.25mg, Delphinidin: 1.25mg Malvidin: 7.87mg, Malvidin: 7.87mg, Malvidin: 7.87mg, Malvidin: 7.87mg Peonidin: 0.56mg, Peonidin: 0.56mg, Peonidin: 0.56mg, Peonidin: 0.56mg Catechin: 2.31mg, Catechin: 2.31mg, Catechin: 2.31mg, Catechin: 2.31mg Epicatechin: 3.2mg, Epicatechin: 3.2mg, Epicatechin: 3.2mg, Epicatechin: 3.2mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 0.17mg, Quercetin: 0.17mg, Quercetin: 0.17mg, Quercetin: 0.17mg

Nutrients (% of daily need)

Calories: 447.49kcal (22.37%), Fat: 12.19g (18.76%), Saturated Fat: 3.51g (21.91%), Carbohydrates: 8.21g (2.74%), Net Carbohydrates: 7.83g (2.85%), Sugar: 0.03g (0.04%), Cholesterol: 126.55mg (42.18%), Sodium: 659.05mg (28.65%), Alcohol: 13.17g (100%), Alcohol %: 5.49% (100%), Protein: 49.87g (99.74%), Selenium: 69.07µg (98.67%), Vitamin B3: 15.1mg (75.5%), Vitamin B6: 1.44mg (71.94%), Zinc: 9.49mg (63.25%), Phosphorus: 476.33mg (47.63%), Vitamin B12: 2.85µg (47.48%), Iron: 4.62mg (25.67%), Potassium: 786.2mg (22.46%), Vitamin B2: 0.36mg (21.17%), Vitamin B1: 0.28mg (18.87%), Vitamin B5: 1.48mg (14.85%), Magnesium: 55.67mg (13.92%), Copper: 0.25mg (12.3%), Folate: 44.89µg (11.22%), Vitamin K: 10.93µg (10.41%), Manganese: 0.14mg (6.84%), Vitamin E: 0.94mg (6.26%), Calcium: 51.44mg (5.14%), Fiber: 0.38g (1.51%)