

Oven Pot Roast

READY IN



195 min.

SERVINGS



12

CALORIES



269 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.3 cup butter
- 10.8 ounce cream of mushroom soup canned
- 1 ounce onion soup mix dry
- 0.5 cup mirin dry
- 0.5 cup flour all-purpose
- 12 servings pepper black to taste
- 3.5 pounds top round beef roast

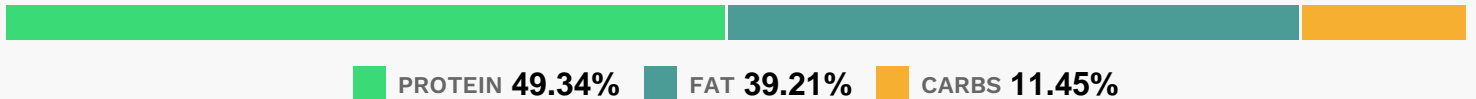
Equipment

- bowl
- oven
- mixing bowl
- pot
- casserole dish

Directions

- Preheat oven to 325 degrees F (165 degrees C).
- In a large mixing bowl, combine the flour and black pepper to taste. Dredge the rump roast in the flour and cover evenly. Shake off excess.
- In a large pot over medium/high heat, melt the butter and brown the roast on all sides.
- Place in a 4 quart casserole dish with lid.
- In a small bowl, combine the soup mix, mushroom soup, and vermouth or white wine; pour over roast.
- Cover and bake in preheated oven for 3 hours or until desired doneness.

Nutrition Facts



Properties

Glycemic Index:13.08, Glycemic Load:2.89, Inflammation Score:-3, Nutrition Score:16.127391145605%

Nutrients (% of daily need)

Calories: 268.75kcal (13.44%), Fat: 11.07g (17.03%), Saturated Fat: 4.99g (31.22%), Carbohydrates: 7.27g (2.42%), Net Carbohydrates: 6.9g (2.51%), Sugar: 0.13g (0.14%), Cholesterol: 93.46mg (31.15%), Sodium: 474.41mg (20.63%), Alcohol: 0.95g (100%), Alcohol %: 0.67% (100%), Protein: 31.34g (62.67%), Selenium: 38.58µg (55.12%), Vitamin B3: 9.51mg (47.57%), Vitamin B6: 0.89mg (44.53%), Vitamin B12: 2.5µg (41.6%), Zinc: 5.85mg (39.01%), Phosphorus: 303.71mg (30.37%), Iron: 3.18mg (17.69%), Vitamin B2: 0.26mg (15.35%), Potassium: 508.21mg (14.52%), Vitamin B1: 0.18mg (11.73%), Copper: 0.2mg (9.88%), Magnesium: 36.36mg (9.09%), Manganese: 0.16mg (7.93%), Folate: 28.67µg (7.17%), Vitamin B5: 0.67mg (6.75%), Vitamin E: 0.51mg (3.43%), Calcium: 31.89mg (3.19%), Vitamin A: 119.08IU (2.38%), Vitamin K: 2.13µg (2.03%), Fiber: 0.37g (1.49%)