



 **59%**  
HEALTH SCORE

## Overnight Pot Roast

 Dairy Free  Very Healthy

READY IN



490 min.

SERVINGS



6

CALORIES



388 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- 14.5 ounce canned tomatoes italian canned
- 3 stalks celery cut into 1-inch pieces
- 10.8 ounce campbell's® condensed cream of celery soup canned
- 3 pounds flank steak
- 2 teaspoons steak seasoning
- 1 large onion sliced
- 1 ounce onion soup mix

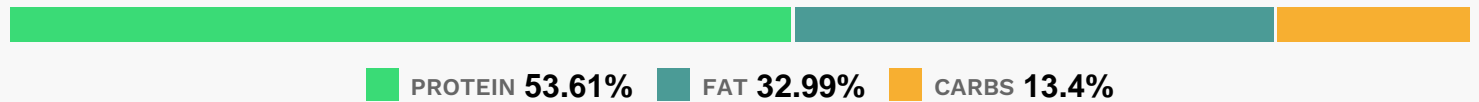
## Equipment

slow cooker

## Directions

- Place onion in the bottom of a 5-quart slow cooker. Coat flank steak with Montreal seasoning; place on top of onion.
- Sprinkle soup mix over roast and add undrained tomatoes. Cover and cook on low heat setting for 8 hours (overnight).
- In the morning, stir together the celery and celery soup. Spoon into slow cooker. Cover and continue cooking for 8 hours more.
- Serve roast hot with gravy.

## Nutrition Facts



## Properties

Glycemic Index:16.17, Glycemic Load:1.3, Inflammation Score:-7, Nutrition Score:28.531739649565%

## Flavonoids

Naringenin: 0.47mg, Naringenin: 0.47mg, Naringenin: 0.47mg, Naringenin: 0.47mg Apigenin: 0.57mg, Apigenin: 0.57mg, Apigenin: 0.57mg, Apigenin: 0.57mg Luteolin: 0.22mg, Luteolin: 0.22mg, Luteolin: 0.22mg, Luteolin: 0.22mg Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg Kaempferol: 0.27mg, Kaempferol: 0.27mg, Kaempferol: 0.27mg, Kaempferol: 0.27mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 5.55mg, Quercetin: 5.55mg, Quercetin: 5.55mg, Quercetin: 5.55mg

## Nutrients (% of daily need)

Calories: 388.3kcal (19.42%), Fat: 13.87g (21.33%), Saturated Fat: 5.34g (33.36%), Carbohydrates: 12.68g (4.23%), Net Carbohydrates: 10.42g (3.79%), Sugar: 4.06g (4.51%), Cholesterol: 141.66mg (47.22%), Sodium: 782.36mg (34.02%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 50.71g (101.41%), Selenium: 68.31µg (97.58%), Vitamin B6: 1.51mg (75.66%), Vitamin B3: 14.85mg (74.23%), Zinc: 9.01mg (60.04%), Phosphorus: 512.97mg (51.3%), Vitamin B12: 2.08µg (34.74%), Potassium: 1112.65mg (31.79%), Vitamin K: 28.27µg (26.92%), Iron: 4.32mg (23.99%), Vitamin B5: 2.08mg (20.77%), Vitamin B2: 0.33mg (19.18%), Magnesium: 69mg (17.25%), Manganese: 0.33mg (16.73%), Vitamin A: 822.49IU (16.45%), Vitamin B1: 0.23mg (15.4%), Copper: 0.3mg (15.12%), Vitamin C: 12.2mg (14.79%), Folate: 53.65µg (13.41%), Vitamin E: 1.81mg (12.05%), Calcium: 97.88mg (9.79%), Fiber: 2.26g (9.04%)