



 **58%**  
HEALTH SCORE

## Pennsylvania Pot Roast

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

READY IN



**45 min.**

SERVINGS



**5**

CALORIES



**220 kcal**

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 1 bay leaf
- 0.8 cup beef broth
- 1.5 pound beef eye of round roast
- 4 peppercorns black
- 0.5 cup tomatoes with added purée, undrained canned crushed
- 0.3 cup carrots diced
- 0.3 cup celery diced
- 0.3 teaspoon thyme leaves dried

- 2 tablespoons parsley fresh chopped
- 1 cup onion chopped
- 0.3 cup turnip diced

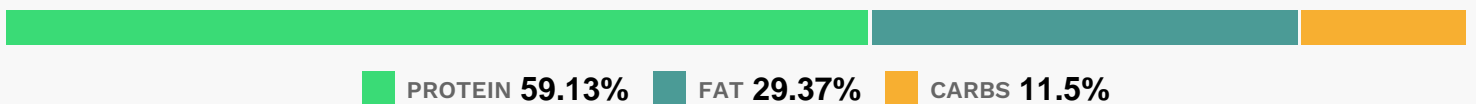
## Equipment

- frying pan
- sauce pan

## Directions

- Place a large saucepan coated with cooking spray over medium-high heat until hot.
- Add roast, browning on all sides.
- Add broth and next 9 ingredients (broth through bay leaf) to pan; bring to a boil. Cover, reduce heat, and simmer 3 hours or until tender.
- Slice roast; place on a serving platter. Set aside; keep warm. Increase heat to medium; cook broth mixture, uncovered, 10 minutes or until reduced to 1 2/3 cups. Discard peppercorns and bay leaf.
- Serve sauce with roast.
- Serve with red potatoes, if desired.

## Nutrition Facts



## Properties

Glycemic Index:56.17, Glycemic Load:1.63, Inflammation Score:-8, Nutrition Score:20.019565209098%

## Flavonoids

Apigenin: 3.59mg, Apigenin: 3.59mg, Apigenin: 3.59mg, Apigenin: 3.59mg Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Isorhamnetin: 1.6mg, Isorhamnetin: 1.6mg, Isorhamnetin: 1.6mg, Isorhamnetin: 1.6mg Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg Myricetin: 0.25mg, Myricetin: 0.25mg, Myricetin: 0.25mg, Myricetin: 0.25mg Quercetin: 6.53mg, Quercetin: 6.53mg, Quercetin: 6.53mg, Quercetin: 6.53mg

## Nutrients (% of daily need)

Calories: 219.7kcal (10.99%), Fat: 6.98g (10.74%), Saturated Fat: 2.38g (14.9%), Carbohydrates: 6.15g (2.05%), Net Carbohydrates: 4.67g (1.7%), Sugar: 3.05g (3.39%), Cholesterol: 84.37mg (28.12%), Sodium: 257.1mg (11.18%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 31.61g (63.22%), Selenium: 38.33µg (54.76%), Vitamin B3: 9.94mg (49.69%), Vitamin B6: 0.99mg (49.38%), Vitamin B12: 2.54µg (42.38%), Zinc: 5.84mg (38.95%), Phosphorus: 320.66mg (32.07%), Vitamin K: 32.6µg (31.05%), Vitamin A: 1282.89IU (25.66%), Iron: 3.47mg (19.29%), Potassium: 657.56mg (18.79%), Vitamin B2: 0.26mg (15.12%), Vitamin B1: 0.17mg (11.32%), Magnesium: 44.53mg (11.13%), Vitamin C: 8.66mg (10.49%), Copper: 0.2mg (10.21%), Folate: 34.26µg (8.57%), Vitamin B5: 0.76mg (7.58%), Manganese: 0.15mg (7.48%), Fiber: 1.48g (5.91%), Calcium: 53.36mg (5.34%), Vitamin E: 0.79mg (5.28%)