



Perfect Pressure Cooker Pot Roast



Gluten Free



Dairy Free

READY IN



60 min.

SERVINGS



6

CALORIES



490 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 3 pound beef chuck
- ☐ 1.2 ounce brown gravy mix
- ☐ 14.5 ounce beef broth canned
- ☐ 1 ounce salad dressing mix dry italian
- ☐ 1 large onion diced
- ☐ 1 ounce ranch seasoning dry ranch-style
- ☐ 2 tablespoons vegetable oil

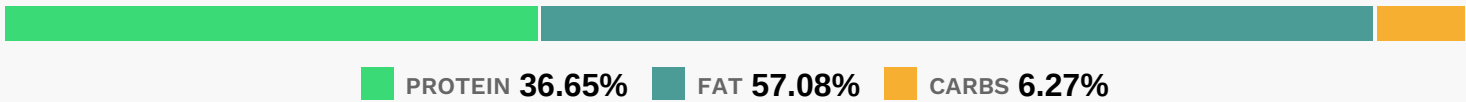
Equipment

- ☐ bowl
- ☐ pressure cooker

Directions

- ☐ Heat oil in the pressure cooker over medium-high heat with the lid open. Brown the roast on all sides in the hot oil.
- ☐ In a small cup or bowl, mix together the Italian salad dressing mix, Ranch dressing mix, and gravy mix.
- ☐ Sprinkle them evenly over the roast.
- ☐ Pour in the beef broth and add the chopped onion.
- ☐ Seal and lock pressure cooker, and cook over high heat to build pressure until the indicator sounds (mine whistles). Turn heat down to medium, and cook for 45 minutes.
- ☐ Remove from heat and let stand for 5 minutes. Run under cold water to help release the pressure before unsealing the lid. You can use the juices as an au jus, or thicken with flour or cornstarch to make a yummy gravy.

Nutrition Facts



Properties

Glycemic Index:4.5, Glycemic Load:0.52, Inflammation Score:-3, Nutrition Score:24.294347830441%

Flavonoids

Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 5.07mg, Quercetin: 5.07mg, Quercetin: 5.07mg, Quercetin: 5.07mg

Nutrients (% of daily need)

Calories: 489.87kcal (24.49%), Fat: 30.84g (47.45%), Saturated Fat: 12.21g (76.33%), Carbohydrates: 7.62g (2.54%), Net Carbohydrates: 7.2g (2.62%), Sugar: 1.25g (1.39%), Cholesterol: 156.49mg (52.16%), Sodium: 1320.61mg (57.42%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 44.56g (89.11%), Zinc: 17.1mg (113.98%), Vitamin B12: 6.24µg (103.99%), Selenium: 47.32µg (67.61%), Vitamin B3: 10.37mg (51.85%), Vitamin B6: 0.91mg (45.27%), Phosphorus: 444.8mg (44.48%), Iron: 4.89mg (27.15%), Potassium: 826.46mg (23.61%), Vitamin B2: 0.35mg (20.59%), Vitamin B5: 1.44mg (14.37%), Magnesium: 46.96mg (11.74%), Vitamin K: 11.84µg (11.27%), Vitamin B1: 0.16mg (10.84%), Copper: 0.15mg (7.4%), Vitamin E: 0.81mg (5.38%), Calcium: 48.42mg (4.84%), Folate: 12.92µg

(3.23%), Manganese: 0.06mg (3.09%), Vitamin C: 1.85mg (2.24%), Fiber: 0.43g (1.7%), Vitamin D: 0.23µg (1.51%)