

Picante Pot Roast



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



16

CALORIES



180 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 4 pound bottom round roast lean
- ☐ 1 tablespoon chili powder
- ☐ 1.3 teaspoons ground cumin
- ☐ 0.3 teaspoon ground pepper red
- ☐ 2 medium onions cut into 1/4-inch-thick slices
- ☐ 0.5 teaspoon oregano dried whole
- ☐ 2 cups commercial picante sauce
- ☐ 1 teaspoon sugar

- ☐ 8 ounce no-salt-added tomato sauce canned
- ☐ 0.5 cup water

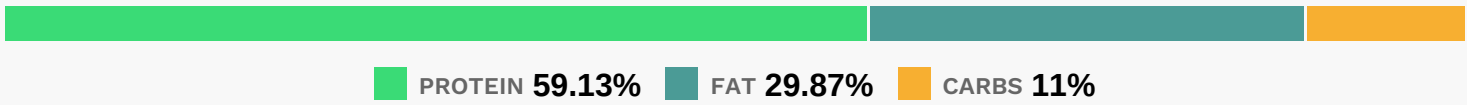
Equipment

- ☐ bowl
- ☐ dutch oven

Directions

- ☐ Combine first 6 ingredients in a medium bowl; toss well. Set aside.
- ☐ Trim fat from roast. Coat a Dutch oven with cooking spray; place over medium-high heat until hot.
- ☐ Add roast; cook until browned on all sides.
- ☐ Combine tomato sauce, picante sauce, and water; pour over roast.
- ☐ Add onion mixture, and bring to a boil. Cover, reduce heat, and simmer 4 1/2 to 5 hours or until roast is tender.
- ☐ Transfer roast to a serving platter; serve with picante sauce mixture.

Nutrition Facts



Properties

Glycemic Index:11.51, Glycemic Load:0.71, Inflammation Score:-5, Nutrition Score:14.816086986791%

Flavonoids

Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Quercetin: 2.79mg, Quercetin: 2.79mg, Quercetin: 2.79mg, Quercetin: 2.79mg

Nutrients (% of daily need)

Calories: 180.31kcal (9.02%), Fat: 5.86g (9.01%), Saturated Fat: 1.96g (12.26%), Carbohydrates: 4.85g (1.62%), Net Carbohydrates: 3.6g (1.31%), Sugar: 2.62g (2.91%), Cholesterol: 70.31mg (23.44%), Sodium: 353.3mg (15.36%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 26.09g (52.18%), Selenium: 31.97µg (45.68%), Vitamin B6: 0.84mg (42.03%), Vitamin B3: 8.25mg (41.27%), Vitamin B12: 2.1µg (34.96%), Zinc: 4.87mg (32.46%), Phosphorus: 264.48mg (26.45%), Iron: 2.85mg (15.85%), Potassium: 546.68mg (15.62%), Vitamin B2: 0.21mg (12.39%),

Magnesium: 37.2mg (9.3%), Vitamin B1: 0.13mg (8.6%), Copper: 0.16mg (8.1%), Vitamin E: 1.16mg (7.73%), Vitamin A: 381.95IU (7.64%), Vitamin B5: 0.63mg (6.26%), Manganese: 0.1mg (5.15%), Folate: 20.27µg (5.07%), Fiber: 1.26g (5.03%), Calcium: 40.17mg (4.02%), Vitamin K: 4.13µg (3.93%), Vitamin C: 2.67mg (3.23%)