



Pot Roast

 Gluten Free  Dairy Free

READY IN



270 min.

SERVINGS



6

CALORIES



497 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.3 cup balsamic vinegar
- 2 pound blade cut chuck roast
- 2 teaspoons cumin
- 5 cloves garlic smashed
- 2 teaspoons kosher salt
- 1 cup cocktail olives drained
- 1 medium onion chopped
- 0.5 cup raisins dark

- 1 cup sacramento tomato juice
- 6 servings vegetable oil

Equipment

- bowl
- frying pan
- oven
- aluminum foil
- measuring cup
- immersion blender

Directions

- Preheat the oven to 190–200 degrees F.
- Place a wide, heavy skillet or fry pan over high heat for 2 minutes. Meanwhile, rub both sides of meat with the salt and cumin. When the pan is hot (really hot) brown meat on both sides and remove from pan.
- Add just enough vegetable oil to cover the bottom of the pan then add the onion and garlic. Stir constantly until onion is softened.
- Add the tomato juice, vinegar, olives, and raisins. Bring to a boil and reduce the liquid by half. Create a pouch with wide, heavy duty aluminum foil.
- Place half the reduced liquid/chunk mixture on the foil, add the roast, and then top with the remaining mixture. Close the pouch, and wrap tightly in another complete layer of foil. Cook for 3 to 3 1/2 hours or until a fork pushes easily into the meat.
- Remove from oven and rest (still wrapped) for at least 1/2 hour. Snip off 1 corner of the foil pouch and drain the liquid into a bowl or measuring cup.
- Add some of the "chunkies" and puree with an immersion blender. Slice meat thinly, or pull apart with a fork.
- Serve with sauce.

Nutrition Facts



■ PROTEIN **24.01%** ■ FAT **62.32%** ■ CARBS **13.67%**

Properties

Glycemic Index:33.69, Glycemic Load:7.41, Inflammation Score:-5, Nutrition Score:21.361739127532%

Flavonoids

Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 4.25mg, Quercetin: 4.25mg, Quercetin: 4.25mg, Quercetin: 4.25mg

Nutrients (% of daily need)

Calories: 497.22kcal (24.86%), Fat: 35.06g (53.95%), Saturated Fat: 10.26g (64.13%), Carbohydrates: 17.31g (5.77%), Net Carbohydrates: 15.15g (5.51%), Sugar: 4.5g (5%), Cholesterol: 104.33mg (34.78%), Sodium: 1261.6mg (54.85%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 30.39g (60.79%), Zinc: 11.57mg (77.11%), Vitamin B12: 4.13µg (68.79%), Selenium: 32.03µg (45.75%), Vitamin B6: 0.71mg (35.48%), Vitamin B3: 7.07mg (35.34%), Phosphorus: 318.18mg (31.82%), Vitamin K: 29.41µg (28.01%), Iron: 4.38mg (24.32%), Potassium: 768.6mg (21.96%), Vitamin E: 2.45mg (16.31%), Vitamin B2: 0.27mg (15.6%), Vitamin C: 10.25mg (12.43%), Magnesium: 45.9mg (11.48%), Vitamin B5: 1.08mg (10.78%), Vitamin B1: 0.15mg (10.31%), Copper: 0.21mg (10.26%), Manganese: 0.18mg (9.2%), Fiber: 2.16g (8.64%), Calcium: 64.09mg (6.41%), Vitamin A: 299.39IU (5.99%), Folate: 17.3µg (4.32%), Vitamin D: 0.15µg (1.01%)