



Pot Roast

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

READY IN



490 min.

SERVINGS



6

CALORIES



606 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 3 bay leaves
- 3 beef bouillon cubes crushed
- 0.3 cup pepper black
- 0.5 cup chardonnay
- 3 pound chuck roast boneless
- 10.8 ounce cream of mushroom soup canned
- 2 garlic cloves crushed
- 0.3 cup garlic powder

- 1 onion thinly sliced
- 1 cup salt
- 0.3 cup vegetable oil

Equipment

- frying pan
- slow cooker

Directions

- Sprinkle roast on all sides with house seasoning. Using a skillet over high heat, sear roast until brown in oil.
- Place roast in a slow cooker, and layer onions, bay leaves, crushed bouillon cubes, garlic, and cream of mushroom soup.
- Add the Chardonnay and cover with enough water to cover all of the ingredients. Cook on the low setting for 8 hours.
- Mix ingredients together and store in an airtight container for up to 6 months.

Nutrition Facts



PROTEIN 32.54% **FAT 54.91%** **CARBS 12.55%**

Properties

Glycemic Index:18.17, Glycemic Load:2.07, Inflammation Score:-5, Nutrition Score:33.266086868618%

Flavonoids

Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 3.74mg, Quercetin: 3.74mg, Quercetin: 3.74mg, Quercetin: 3.74mg

Nutrients (% of daily need)

Calories: 605.79kcal (30.29%), Fat: 36.84g (56.68%), Saturated Fat: 13.64g (85.26%), Carbohydrates: 18.94g (6.31%), Net Carbohydrates: 15.11g (5.5%), Sugar: 1.57g (1.74%), Cholesterol: 159.11mg (53.04%), Sodium: 19895.84mg (865.04%), Alcohol: 2.1g (100%), Alcohol %: 0.67% (100%), Protein: 49.12g (98.24%), Zinc: 18.15mg (120.98%), Vitamin B12: 6.29µg (104.88%), Manganese: 1.65mg (82.63%), Selenium: 50.41µg (72.02%), Vitamin B6: 1.13mg (56.49%), Vitamin B3: 10.57mg (52.86%), Phosphorus: 514.7mg (51.47%), Iron: 6.92mg (38.47%), Vitamin K:

36.37 μ g (34.64%), Potassium: 1122.53mg (32.07%), Vitamin B2: 0.41mg (23.82%), Copper: 0.45mg (22.47%), Magnesium: 76.69mg (19.17%), Vitamin B5: 1.74mg (17.44%), Fiber: 3.83g (15.31%), Vitamin B1: 0.23mg (15.25%), Calcium: 113.14mg (11.31%), Vitamin E: 1.35mg (8.98%), Folate: 21.11 μ g (5.28%), Vitamin C: 1.81mg (2.19%), Vitamin A: 86.97IU (1.74%), Vitamin D: 0.23 μ g (1.51%)