



Pot Roast

READY IN



215 min.

SERVINGS



8

CALORIES



423 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 bay leaves
- ☐ 1 tablespoon beef bouillon granules
- ☐ 0.3 cup pepper black
- ☐ 0.5 teaspoon pepper black
- ☐ 3 pound chuck roast boneless
- ☐ 10.8 ounce cream of mushroom soup canned
- ☐ 3 cloves garlic crushed
- ☐ 0.3 cup garlic powder
- ☐ 1 cup onion wedges thinly sliced

- ☐ 0.3 cup red wine
- ☐ 1 cup salt
- ☐ 1 teaspoon salt
- ☐ 2 tablespoons vegetable oil
- ☐ 0.8 cup water
- ☐ 2 tablespoons worcestershire sauce

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ roasting pan
- ☐ aluminum foil

Directions

- ☐ Preheat oven to 350 degrees F.
- ☐ Add the House Seasoning, salt and pepper to a small bowl. Rub seasoning into the roast on both sides.
- ☐ Heat oil in a large skillet and brown the roast, searing it on both sides.
- ☐ Place the meat in a roaster pan.
- ☐ Add onions and garlic to skillet for 1 to 2 minutes to absorb leftover roast juice.
- ☐ Place into roaster pan with meat and bay leaves.
- ☐ Combine the mushroom soup, wine, Worcestershire sauce and beef bouillon into a bowl.
- ☐ Pour over the roast.
- ☐ Add water.
- ☐ Cover pan with foil and bake for 3 to 3 1/2 hours or until tender.
- ☐ Remove and discard the bay leaves.
- ☐ Mix ingredients and store in an air tight container for up to 6 months.

Nutrition Facts

PROTEIN 34.46% FAT 50.99% CARBS 14.55%

Properties

Glycemic Index:17.63, Glycemic Load:1.71, Inflammation Score:-4, Nutrition Score:25.840869592584%

Flavonoids

Cyanidin: 0.01mg, Cyanidin: 0.01mg, Cyanidin: 0.01mg, Cyanidin: 0.01mg Petunidin: 0.15mg, Petunidin: 0.15mg, Petunidin: 0.15mg, Petunidin: 0.15mg Delphinidin: 0.15mg, Delphinidin: 0.15mg, Delphinidin: 0.15mg, Delphinidin: 0.15mg Malvidin: 1.04mg, Malvidin: 1.04mg, Malvidin: 1.04mg, Malvidin: 1.04mg Peonidin: 0.09mg, Peonidin: 0.09mg, Peonidin: 0.09mg, Peonidin: 0.09mg Catechin: 0.54mg, Catechin: 0.54mg, Catechin: 0.54mg, Catechin: 0.54mg Epicatechin: 0.28mg, Epicatechin: 0.28mg, Epicatechin: 0.28mg, Epicatechin: 0.28mg Hesperetin: 0.05mg, Hesperetin: 0.05mg, Hesperetin: 0.05mg, Hesperetin: 0.05mg Naringenin: 0.13mg, Naringenin: 0.13mg, Naringenin: 0.13mg, Naringenin: 0.13mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 4.16mg, Quercetin: 4.16mg, Quercetin: 4.16mg, Quercetin: 4.16mg Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg

Nutrients (% of daily need)

Calories: 423.28kcal (21.16%), Fat: 24.19g (37.22%), Saturated Fat: 9.7g (60.61%), Carbohydrates: 15.54g (5.18%), Net Carbohydrates: 12.52g (4.55%), Sugar: 1.65g (1.83%), Cholesterol: 119.3mg (39.77%), Sodium: 15058.82mg (654.73%), Alcohol: 0.8g (100%), Alcohol %: 0.32% (100%), Protein: 36.79g (73.58%), Zinc: 13.63mg (90.85%), Vitamin B12: 4.71µg (78.51%), Manganese: 1.26mg (62.94%), Selenium: 37.68µg (53.83%), Vitamin B6: 0.85mg (42.74%), Vitamin B3: 7.94mg (39.71%), Phosphorus: 388.25mg (38.82%), Iron: 5.42mg (30.12%), Potassium: 883.71mg (25.25%), Vitamin K: 21.31µg (20.3%), Vitamin B2: 0.31mg (18.21%), Copper: 0.35mg (17.73%), Magnesium: 58.21mg (14.55%), Vitamin B5: 1.31mg (13.12%), Fiber: 3.01g (12.06%), Vitamin B1: 0.18mg (11.75%), Calcium: 91.56mg (9.16%), Vitamin E: 0.74mg (4.92%), Folate: 17.02µg (4.25%), Vitamin C: 2.48mg (3.01%), Vitamin A: 68.8IU (1.38%), Vitamin D: 0.17µg (1.13%)