



Pot Roast

 Gluten Free

READY IN



204 min.

SERVINGS



12

CALORIES



182 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 teaspoon pepper black freshly ground
- ☐ 6 small carrots cut into 1-inch chunks
- ☐ 3 garlic sliced
- ☐ 2 tablespoons horseradish prepared
- ☐ 1.5 teaspoons kosher salt
- ☐ 0.3 cup cream sour reduced-fat
- ☐ 2 tablespoons olive oil
- ☐ 2.5 cups onion thinly sliced

- ☐ 3 pounds pork sirloin roast boneless trimmed
- ☐ 2 rosemary
- ☐ 0.5 cup water

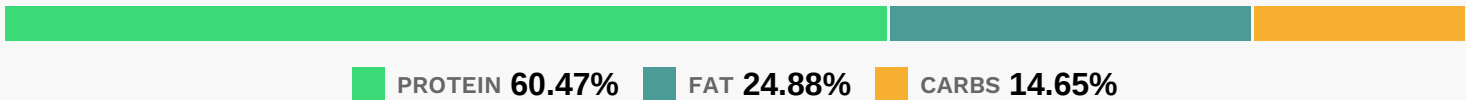
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ dutch oven

Directions

- ☐ Preheat oven to 32
- ☐ Heat an ovenproof 6-quart Dutch oven over medium heat.
- ☐ Add oil; swirl to coat.
- ☐ Add roast to pan. Cook 10 minutes, turning to brown on all sides.
- ☐ Remove from heat.
- ☐ Add onion, carrot, garlic, and rosemary to pan.
- ☐ Sprinkle roast and vegetables with salt and pepper.
- ☐ Add 1/2 cup water to pan. Cover and bake at 325 for 3 to 3 1/2 hours or until meat is fork-tender, turning roast halfway through cooking time.
- ☐ While roast bakes, combine sour cream and horseradish in a small bowl.
- ☐ Skim fat from drippings. Break roast into large chunks with 2 forks.
- ☐ Serve roast with vegetables, pan drippings, and horseradish cream.
- ☐ Garnish with parsley, if desired.

Nutrition Facts



Properties

Glycemic Index:20.07, Glycemic Load:1.64, Inflammation Score:0, Nutrition Score:18.659130326918%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Isorhamnetin: 1.67mg, Isorhamnetin: 1.67mg, Isorhamnetin: 1.67mg, Isorhamnetin: 1.67mg Kaempferol: 0.28mg, Kaempferol: 0.28mg, Kaempferol: 0.28mg, Kaempferol: 0.28mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 6.83mg, Quercetin: 6.83mg, Quercetin: 6.83mg, Quercetin: 6.83mg

Nutrients (% of daily need)

Calories: 181.66kcal (9.08%), Fat: 4.9g (7.54%), Saturated Fat: 1.26g (7.88%), Carbohydrates: 6.5g (2.17%), Net Carbohydrates: 5.08g (1.85%), Sugar: 2.82g (3.13%), Cholesterol: 71.98mg (23.99%), Sodium: 381.15mg (16.57%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 26.81g (53.62%), Vitamin A: 4194.43IU (83.89%), Vitamin B1: 0.78mg (51.82%), Selenium: 30.46µg (43.52%), Vitamin B6: 0.87mg (43.43%), Vitamin B3: 8.45mg (42.25%), Phosphorus: 287.1mg (28.71%), Vitamin B2: 0.44mg (25.64%), Potassium: 602.9mg (17.23%), Zinc: 2.5mg (16.66%), Vitamin B5: 1.14mg (11.39%), Vitamin B12: 0.62µg (10.35%), Magnesium: 36.45mg (9.11%), Manganese: 0.13mg (6.35%), Iron: 1.12mg (6.2%), Vitamin C: 4.85mg (5.88%), Fiber: 1.41g (5.66%), Copper: 0.11mg (5.44%), Vitamin K: 5.18µg (4.93%), Vitamin E: 0.62mg (4.1%), Folate: 13.14µg (3.28%), Calcium: 32.55mg (3.26%)