



Pot Roast

 **Gluten Free**

READY IN



204 min.

SERVINGS



12

CALORIES



192 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 teaspoon pepper black freshly ground
- 6 small carrots cut into 1-inch chunks
- 3 garlic clove 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 sirloin beef tips boneless trimmed
- 2 rosemary
- 0.5 cup water

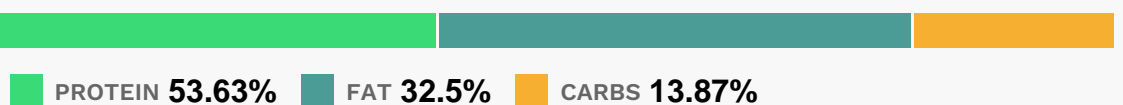
Equipment

- 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:-10, Nutrition Score:17.54826098146%

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: 191.86kcal (9.59%), Fat: 6.76g (10.4%), Saturated Fat: 1.97g (12.3%), Carbohydrates: 6.5g (2.17%), Net Carbohydrates: 5.08g (1.85%), Sugar: 2.82g (3.13%), Cholesterol: 64.05mg (21.35%), Sodium: 390.23mg (16.97%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 25.11g (50.21%), Vitamin A: 4194.43IU (83.89%), Selenium: 33.19µg (47.41%), Vitamin B6: 0.8mg (39.97%), Vitamin B3: 7.52mg (37.58%), Zinc: 4.86mg (32.38%), Phosphorus: 254.21mg (25.42%), Vitamin B12: 1.44µg (23.96%), Potassium: 532.59mg (15.22%), Iron: 2.23mg (12.37%), Vitamin B2: 0.19mg (10.9%), Vitamin B1: 0.14mg (9.03%), Magnesium: 34.18mg (8.55%), Vitamin B5: 0.83mg (8.31%), Copper: 0.14mg (7.14%), Folate: 26.75µg (6.69%), Manganese: 0.13mg (6.57%), Vitamin K: 6.43µg (6.12%), Vitamin C: 4.85mg (5.88%), Fiber: 1.41g (5.66%), Vitamin E: 0.83mg (5.54%), Calcium: 49.56mg (4.96%)