



## Pot Roast and Gravy

 Dairy Free  Very Healthy

READY IN



155 min.

SERVINGS



6

CALORIES



594 kcal

SAUCE

### Ingredients

- 1 bay leaves
- 2 teaspoons bouillon cubes instant
- 3 lb pot roast cut
- 6 medium carrots cut into pieces
- 4 stalks celery cut into pieces
- 3 tablespoons flour all-purpose
- 2 tablespoons cooking oil
- 4 medium onion quartered

- 0.5 teaspoon pepper
- 6 medium potatoes halved
- 0.3 cup water cold
- 1.5 cups water boiling

## Equipment

- oven
- roasting pan
- dutch oven

## Directions

- Heat oven to 325F. In 5-quart Dutch oven or roasting pan, heat oil over medium-high heat until hot.
- Add beef roast; cook about 5 minutes on each side or until browned. If desired, drain off excess fat.
- Sprinkle pepper on both sides of beef.
- Add 1 of the onions, 1 of the stalks of celery and bay leaf to beef. Dissolve bouillon in boiling water; reserve 3/4 cup.
- Pour remaining 3/4 cup bouillon around beef. Bring to a boil. Cover.
- Bake at 325F. for 1 hour.
- Add remaining vegetables; cover and bake an additional 1 to 1 1/4 hours or until beef and vegetables are tender.
- To prepare gravy, place beef and vegetables on warm platter; cover loosely to keep warm. Measure drippings from Dutch oven. If desired, skim off fat.
- Add reserved 3/4 cup bouillon to drippings to make 3 cups; return to Dutch oven.
- In small jar with tight-fitting lid, combine cold water and flour; shake well. Gradually stir flour mixture into drippings. Cook over medium heat until mixture boils and thickens, stirring constantly. If desired, add salt to taste.
- Serve gravy with beef and vegetables.

## Nutrition Facts



■ PROTEIN 38.11% ■ FAT 25.41% ■ CARBS 36.48%

## Properties

Glycemic Index:49.43, Glycemic Load:32.9, Inflammation Score:-10, Nutrition Score:44.8234786469%

## Flavonoids

Apigenin: 0.77mg, Apigenin: 0.77mg, Apigenin: 0.77mg, Apigenin: 0.77mg Luteolin: 0.36mg, Luteolin: 0.36mg, Luteolin: 0.36mg, Luteolin: 0.36mg Isorhamnetin: 3.67mg, Isorhamnetin: 3.67mg, Isorhamnetin: 3.67mg, Isorhamnetin: 3.67mg Kaempferol: 2.39mg, Kaempferol: 2.39mg, Kaempferol: 2.39mg, Kaempferol: 2.39mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 16.61mg, Quercetin: 16.61mg, Quercetin: 16.61mg, Quercetin: 16.61mg

## Nutrients (% of daily need)

Calories: 593.84kcal (29.69%), Fat: 16.65g (25.61%), Saturated Fat: 4.73g (29.59%), Carbohydrates: 53.78g (17.93%), Net Carbohydrates: 45.57g (16.57%), Sugar: 8.13g (9.03%), Cholesterol: 147.44mg (49.15%), Sodium: 410.53mg (17.85%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 56.19g (112.37%), Vitamin A: 10318.07IU (206.36%), Vitamin B6: 1.93mg (96.65%), Zinc: 13.39mg (89.26%), Selenium: 58.2µg (83.15%), Vitamin B12: 4.79µg (79.87%), Vitamin B3: 15.1mg (75.51%), Phosphorus: 632.12mg (63.21%), Vitamin C: 51.82mg (62.81%), Potassium: 2030.3mg (58.01%), Iron: 6.85mg (38.03%), Fiber: 8.22g (32.86%), Vitamin B2: 0.54mg (31.77%), Manganese: 0.62mg (31%), Vitamin B1: 0.46mg (30.37%), Magnesium: 120.89mg (30.22%), Folate: 105.82µg (26.46%), Copper: 0.52mg (26.03%), Vitamin K: 26.54µg (25.27%), Vitamin B5: 2.46mg (24.57%), Vitamin E: 1.99mg (13.26%), Calcium: 111.15mg (11.12%), Vitamin D: 0.23µg (1.51%)