

Pot Roast Caribe

 Dairy Free

READY IN



505 min.

SERVINGS



6

CALORIES



656 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 cup almonds sliced
- ☐ 3 pound beef chuck boneless
- ☐ 16 ounce tomato sauce canned
- ☐ 3 carrots sliced
- ☐ 1 stalk celery chopped
- ☐ 1 teaspoon chili powder
- ☐ 1 tablespoon flour all-purpose
- ☐ 2 cloves garlic crushed

- ☐ 0.3 teaspoon ground cinnamon
- ☐ 1 teaspoon ground coriander
- ☐ 1 teaspoon ground cumin
- ☐ 1 cup onion chopped
- ☐ 1 teaspoon orange zest grated
- ☐ 1 teaspoon oregano dried
- ☐ 2 large potatoes cut into large chunks
- ☐ 1 teaspoon salt
- ☐ 1 teaspoon cocoa powder unsweetened
- ☐ 2 tablespoons vegetable oil
- ☐ 2 tablespoons sugar white

Equipment

- ☐ frying pan
- ☐ slow cooker

Directions

- ☐ Heat the oil in a large skillet over medium-high heat.
- ☐ Place the roast into the hot oil and cook, turning frequently, until browned on all sides.
- ☐ Remove from the skillet and place in a slow cooker.
- ☐ Cook garlic and onions in the skillet in the meat drippings until tender. Stir in the salt and tomato sauce.
- ☐ Combine the sugar, flour, cocoa powder, chili powder, oregano, cumin, coriander, cinnamon, and orange zest; stir into the tomato sauce.
- ☐ Pour the tomato sauce over the roast in the slow cooker.
- ☐ Add potatoes, carrots and celery. Cover, and cook on Low for 6 to 8 hours, or until meat is tender.
- ☐ Garnish with sliced almonds before serving.

Nutrition Facts



Properties

Glycemic Index:72.45, Glycemic Load:22.23, Inflammation Score:-10, Nutrition Score:41.860869687536%

Flavonoids

Cyanidin: 0.19mg, Cyanidin: 0.19mg, Cyanidin: 0.19mg, Cyanidin: 0.19mg Catechin: 0.21mg, Catechin: 0.21mg, Catechin: 0.21mg, Catechin: 0.21mg Epigallocatechin: 0.2mg, Epigallocatechin: 0.2mg, Epigallocatechin: 0.2mg, Epigallocatechin: 0.2mg Epicatechin: 0.37mg, Epicatechin: 0.37mg, Epicatechin: 0.37mg, Epicatechin: 0.37mg Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Apigenin: 0.19mg, Apigenin: 0.19mg, Apigenin: 0.19mg, Apigenin: 0.19mg Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg Isorhamnetin: 1.54mg, Isorhamnetin: 1.54mg, Isorhamnetin: 1.54mg, Isorhamnetin: 1.54mg Kaempferol: 1.28mg, Kaempferol: 1.28mg, Kaempferol: 1.28mg, Kaempferol: 1.28mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 6.43mg, Quercetin: 6.43mg, Quercetin: 6.43mg, Quercetin: 6.43mg

Nutrients (% of daily need)

Calories: 656.07kcal (32.8%), Fat: 35.09g (53.99%), Saturated Fat: 12.54g (78.39%), Carbohydrates: 39.01g (13%), Net Carbohydrates: 32.17g (11.7%), Sugar: 10.71g (11.89%), Cholesterol: 156.49mg (52.16%), Sodium: 971.04mg (42.22%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 49.55g (99.1%), Zinc: 18.03mg (120.23%), Vitamin A: 5595.63IU (111.91%), Vitamin B12: 6.19µg (103.19%), Vitamin B6: 1.42mg (71.04%), Selenium: 48.86µg (69.79%), Vitamin B3: 12.65mg (63.23%), Phosphorus: 584.8mg (58.48%), Potassium: 1735.37mg (49.58%), Vitamin C: 34.38mg (41.67%), Iron: 7.42mg (41.21%), Vitamin B2: 0.55mg (32.3%), Manganese: 0.64mg (31.95%), Magnesium: 115.69mg (28.92%), Vitamin E: 4.29mg (28.62%), Fiber: 6.84g (27.36%), Copper: 0.49mg (24.37%), Vitamin K: 24.77µg (23.59%), Vitamin B1: 0.33mg (22.16%), Vitamin B5: 2.18mg (21.78%), Folate: 53.32µg (13.33%), Calcium: 119.14mg (11.91%), Vitamin D: 0.23µg (1.51%)