



HEALTH SCORE

100%

Pot Roast, Vegetables, and Beer



Dairy Free



Very Healthy

READY IN



190 min.

SERVINGS



6

CALORIES



525 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 bay leaf
- ☐ 2 cups beef stock
- ☐ 1 teaspoon brown sugar
- ☐ 1 pound carrots cut into chunks
- ☐ 2 tablespoons flour all-purpose
- ☐ 8 ounce mushrooms fresh sliced
- ☐ 3 tablespoons thyme leaves fresh chopped
- ☐ 5 cloves garlic minced

- ☐ 6 servings salt and ground pepper black to taste
- ☐ 2 tablespoons olive oil
- ☐ 1 onion chopped
- ☐ 3 pound beef pot roast
- ☐ 1.5 pounds potatoes peeled cut into chunks
- ☐ 1 tablespoon tomato paste
- ☐ 2 tablespoons whole-grain dijon mustard

Equipment

- ☐ frying pan
- ☐ oven
- ☐ pot
- ☐ dutch oven

Directions

- ☐ Preheat an oven to 350 degrees F (175 degrees C).
- ☐ Heat the olive oil in a Dutch oven. Brown the pot roast on all sides in the hot oil; remove from pan and set aside. Cook the onion and garlic in the hot oil until they begin to soften and turn brown, about 5 minutes.
- ☐ Add the carrots, mushrooms, and potatoes to the pot; cook and stir until they begin to color, 2 to 3 minutes.
- ☐ Mix the flour into the vegetables; stir continuously for 1 minute.
- ☐ Pour the beef stock and beer into the mixture and bring to a boil, stirring continuously.
- ☐ Add the Bay leaf, thyme, brown sugar, mustard, tomato paste, salt, and pepper.
- ☐ Place the pot roast atop the entire mixture. Cover pot with lid.
- ☐ Bake in the preheated oven until the meat and vegetables are completely tender, about 2 1/2 hours.

Nutrition Facts



 PROTEIN **43.35%**  FAT **29.08%**  CARBS **27.57%**

Properties

Glycemic Index:74.76, Glycemic Load:19.54, Inflammation Score:-10, Nutrition Score:43.206956262174%

Flavonoids

Apigenin: 0.09mg, Apigenin: 0.09mg, Apigenin: 0.09mg, Apigenin: 0.09mg Luteolin: 1.68mg, Luteolin: 1.68mg, Luteolin: 1.68mg, Luteolin: 1.68mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 1.21mg, Kaempferol: 1.21mg, Kaempferol: 1.21mg, Kaempferol: 1.21mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 4.72mg, Quercetin: 4.72mg, Quercetin: 4.72mg, Quercetin: 4.72mg

Nutrients (% of daily need)

Calories: 525.29kcal (26.26%), Fat: 16.9g (26.01%), Saturated Fat: 5.04g (31.53%), Carbohydrates: 36.05g (12.02%), Net Carbohydrates: 29.78g (10.83%), Sugar: 7.5g (8.33%), Cholesterol: 147.42mg (49.14%), Sodium: 464.98mg (20.22%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 56.7g (113.39%), Vitamin A: 12844.46IU (256.89%), Selenium: 63.61µg (90.86%), Zinc: 13.46mg (89.75%), Vitamin B6: 1.71mg (85.38%), Vitamin B3: 16.2mg (81.02%), Vitamin B12: 4.8µg (80.01%), Phosphorus: 627.63mg (62.76%), Potassium: 1838.16mg (52.52%), Vitamin C: 35.95mg (43.57%), Vitamin B2: 0.73mg (42.95%), Iron: 7.11mg (39.51%), Copper: 0.58mg (28.79%), Vitamin B1: 0.42mg (27.88%), Magnesium: 108.7mg (27.17%), Vitamin B5: 2.67mg (26.75%), Manganese: 0.52mg (25.97%), Fiber: 6.27g (25.06%), Folate: 80.45µg (20.11%), Vitamin K: 18.41µg (17.53%), Vitamin E: 1.99mg (13.28%), Calcium: 108.69mg (10.87%), Vitamin D: 0.3µg (2.02%)