



Pot Roast with Baby Vegetables



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



389 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 cup baby carrots
- ☐ 3 pound top beef chuck roast trimmed
- ☐ 1 cup button mushrooms
- ☐ 1 carrots whole
- ☐ 8 servings kosher salt
- ☐ 8 servings seasoned salt and lemon pepper
- ☐ 1 cup beef broth low sodium
- ☐ 1 pound new potatoes red

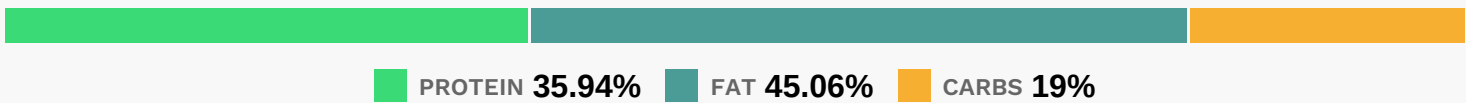
- ☐ 1 onion peeled halved
- ☐ 1 cup pearl onions boiling
- ☐ 1 rosemary sprig
- ☐ 1 cup baby squash such as pattypan and zucchini
- ☐ 2 thyme sprigs
- ☐ 2 garlic cloves whole
- ☐ 2 tablespoons worcestershire sauce

Equipment

Directions

- ☐ Sprinkle roast with seasoned salt and lemon pepper to taste.
- ☐ Place onion and carrot in the bottom of a 5 or 6 quart crockery cooker.
- ☐ Lay the meat on top of the vegetables.
- ☐ Pour in the broth and Worcestershire sauce. Season with garlic, rosemary and thyme.
- ☐ Cover and set dial to low-heat. Allow to gently simmer for 5 to 6 hours.
- ☐ Remove the cover and add the baby vegetables around the roast.
- ☐ Sprinkle with seasoned salt and continue to cook covered on low-heat for an additional 1 to 1 1/2 hours.

Nutrition Facts



Properties

Glycemic Index:38.73, Glycemic Load:1.32, Inflammation Score:-10, Nutrition Score:28.500869522924%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg Isorhamnetin: 2.17mg, Isorhamnetin: 2.17mg, Isorhamnetin: 2.17mg, Isorhamnetin: 2.17mg Kaempferol: 0.3mg, Kaempferol: 0.3mg, Kaempferol: 0.3mg, Kaempferol: 0.3mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 9.19mg, Quercetin: 9.19mg, Quercetin: 9.19mg, Quercetin: 9.19mg

9.19mg, Quercetin: 9.19mg

Nutrients (% of daily need)

Calories: 389.24kcal (19.46%), Fat: 19.76g (30.4%), Saturated Fat: 8.63g (53.96%), Carbohydrates: 18.74g (6.25%), Net Carbohydrates: 15.82g (5.75%), Sugar: 4.75g (5.27%), Cholesterol: 117.37mg (39.12%), Sodium: 472.97mg (20.56%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 35.47g (70.93%), Vitamin A: 5383.67IU (107.67%), Zinc: 13.21mg (88.06%), Vitamin B12: 4.65µg (77.47%), Selenium: 37.03µg (52.9%), Vitamin B3: 8.9mg (44.52%), Vitamin B6: 0.88mg (43.86%), Phosphorus: 396.01mg (39.6%), Potassium: 1148.05mg (32.8%), Iron: 4.69mg (26.04%), Vitamin B2: 0.35mg (20.33%), Vitamin C: 14.07mg (17.05%), Vitamin B5: 1.6mg (15.97%), Magnesium: 60.01mg (15%), Vitamin B1: 0.22mg (14.66%), Copper: 0.28mg (14.03%), Manganese: 0.26mg (12.96%), Fiber: 2.93g (11.72%), Folate: 36.6µg (9.15%), Vitamin K: 7.29µg (6.94%), Calcium: 68.59mg (6.86%), Vitamin E: 0.65mg (4.31%), Vitamin D: 0.19µg (1.29%)