



Pot Roast with Balsamic Onions



Gluten Free



Dairy Free

READY IN



385 min.

SERVINGS



8

CALORIES



277 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 cup balsamic vinegar
- ☐ 2.5 pound beef chuck boneless
- ☐ 0.5 teaspoon garlic powder
- ☐ 0.1 teaspoon ground pepper black
- ☐ 1 large onion halved sliced
- ☐ 0.1 teaspoon salt

Equipment

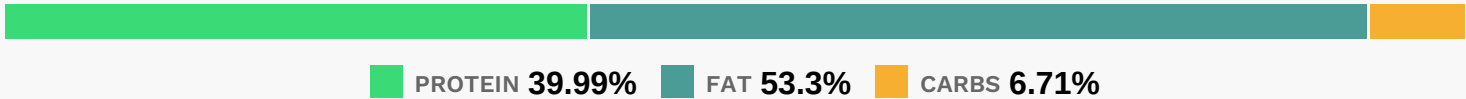
- ☐ frying pan

☐ slow cooker

Directions

- ☐ Season roast with salt, pepper, and garlic powder.
- ☐ Heat a skillet over medium-high heat. Cook roast in hot skillet until browned on all sides, 3 to 5 minutes per side.
- ☐ Place roast in a slow cooker and scatter onion slices around roast.
- ☐ Pour vinegar over the roast and onions.
- ☐ Cook roast in the slow cooker set to Low until tender and falling apart, 6 to 8 hours. Shred meat and return to slow cooker with juices.

Nutrition Facts



Properties

Glycemic Index:14.25, Glycemic Load:1.75, Inflammation Score:-2, Nutrition Score:15.420000021872%

Flavonoids

Isorhamnetin: 0.94mg, Isorhamnetin: 0.94mg, Isorhamnetin: 0.94mg, Isorhamnetin: 0.94mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 3.81mg, Quercetin: 3.81mg, Quercetin: 3.81mg, Quercetin: 3.81mg

Nutrients (% of daily need)

Calories: 277.37kcal (13.87%), Fat: 16.29g (25.07%), Saturated Fat: 7.16g (44.72%), Carbohydrates: 4.62g (1.54%), Net Carbohydrates: 4.28g (1.56%), Sugar: 3.18g (3.54%), Cholesterol: 97.81mg (32.6%), Sodium: 155.69mg (6.77%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 27.51g (55.01%), Zinc: 10.71mg (71.4%), Vitamin B12: 3.87µg (64.5%), Selenium: 29.34µg (41.91%), Vitamin B3: 6.15mg (30.76%), Vitamin B6: 0.57mg (28.43%), Phosphorus: 277.19mg (27.72%), Iron: 3.12mg (17.31%), Potassium: 518.49mg (14.81%), Vitamin B2: 0.21mg (12.41%), Vitamin B5: 0.9mg (8.95%), Magnesium: 30.92mg (7.73%), Vitamin B1: 0.1mg (6.87%), Copper: 0.1mg (4.97%), Calcium: 33.02mg (3.3%), Manganese: 0.07mg (3.26%), Vitamin K: 2.25µg (2.15%), Folate: 7.91µg (1.98%), Vitamin E: 0.27mg (1.83%), Vitamin C: 1.39mg (1.68%), Fiber: 0.34g (1.37%)