



## Pot Roast with Orange and Dates



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



722 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- ☐ 5 pound beef chuck boneless
- ☐ 2 cups dates pitted
- ☐ 0.5 teaspoon ground allspice
- ☐ 2 cups chicken broth
- ☐ 3 tablespoons olive oil divided
- ☐ 1 pound onion thinly sliced
- ☐ 1 cup orange juice
- ☐ 0.5 cup parsley fresh italian chopped

- ☐ 6 tablespoons red wine vinegar
- ☐ 4 teaspoons sugar
- ☐ 0.5 cup tomato sauce

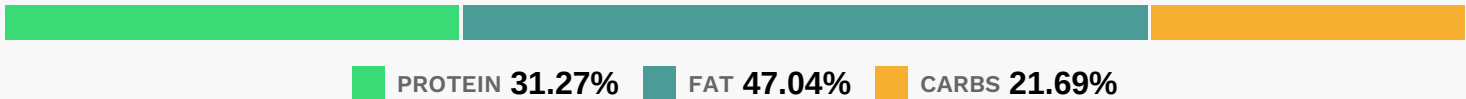
## Equipment

- ☐ oven
- ☐ pot
- ☐ baking pan

## Directions

- ☐ Preheat oven to 350°F.
- ☐ Sprinkle roasts on each side with salt, pepper, and 1 teaspoon sugar.
- ☐ Heat 2 tablespoons oil in heavy wide ovenproof pot over medium-high heat.
- ☐ Add roasts. Cook until brown, about 8 minutes per side; transfer to plate.
- ☐ Add 1 tablespoon oil and onions to pot. Sauté until dark brown, stirring often, about 10 minutes.
- ☐ Mix in vinegar and allspice; boil until reduced to glaze, scraping up browned bits.
- ☐ Add broth, orange juice, and tomato sauce; bring to boil. Return roasts and accumulated juices to pot. Scatter dates around roasts; sprinkle with parsley.
- ☐ Cover pot; place in oven. Braise roasts 1 hour. Turn roasts over, cover, and braise until tender, about 1 hour. Tilt pot; spoon off fat from top of sauce. Cool uncovered 1 hour. DO AHEAD Can be made 2 days ahead. Chill uncovered until cold; cover and keep chilled.
- ☐ Preheat oven to 350°F.
- ☐ Transfer roasts to board, scraping sauce into pot.
- ☐ Cut crosswise into 1/2-inch-thick slices; overlap slices in baking dish. Spoon sauce over. Cover; rewarm about 25 minutes.

## Nutrition Facts



## Properties

Glycemic Index:36.64, Glycemic Load:17.32, Inflammation Score:-7, Nutrition Score:36.296956544337%

Flavonoids

Cyanidin: 0.62mg, Cyanidin: 0.62mg, Cyanidin: 0.62mg, Cyanidin: 0.62mg Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg Hesperetin: 3.7mg, Hesperetin: 3.7mg, Hesperetin: 3.7mg, Hesperetin: 3.7mg Naringenin: 0.66mg, Naringenin: 0.66mg, Naringenin: 0.66mg, Naringenin: 0.66mg Apigenin: 8.09mg, Apigenin: 8.09mg, Apigenin: 8.09mg, Apigenin: 8.09mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Isorhamnetin: 2.84mg, Isorhamnetin: 2.84mg, Isorhamnetin: 2.84mg, Isorhamnetin: 2.84mg Kaempferol: 0.42mg, Kaempferol: 0.42mg, Kaempferol: 0.42mg, Kaempferol: 0.42mg Myricetin: 0.59mg, Myricetin: 0.59mg, Myricetin: 0.59mg, Myricetin: 0.59mg Quercetin: 11.94mg, Quercetin: 11.94mg, Quercetin: 11.94mg, Quercetin: 11.94mg

Nutrients (% of daily need)

Calories: 721.6kcal (36.08%), Fat: 38.5g (59.24%), Saturated Fat: 15.18g (94.88%), Carbohydrates: 39.95g (13.32%), Net Carbohydrates: 35.61g (12.95%), Sugar: 30.96g (34.4%), Cholesterol: 195.61mg (65.2%), Sodium: 326.45mg (14.19%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 57.6g (115.21%), Zinc: 21.67mg (144.5%), Vitamin B12: 7.8µg (129.97%), Selenium: 59.93µg (85.61%), Vitamin B3: 13.93mg (69.64%), Vitamin K: 70.59µg (67.23%), Vitamin B6: 1.25mg (62.57%), Phosphorus: 605.35mg (60.54%), Potassium: 1449.84mg (41.42%), Iron: 7.05mg (39.14%), Vitamin C: 26.01mg (31.52%), Vitamin B2: 0.49mg (28.92%), Vitamin B5: 2.15mg (21.48%), Magnesium: 84.13mg (21.03%), Vitamin B1: 0.27mg (17.81%), Fiber: 4.35g (17.39%), Copper: 0.34mg (16.98%), Manganese: 0.23mg (11.67%), Folate: 42.68µg (10.67%), Vitamin E: 1.59mg (10.57%), Vitamin A: 486.54IU (9.73%), Calcium: 90.23mg (9.02%), Vitamin D: 0.28µg (1.89%)