

Pot Roast with Spaghetti

READY IN



175 min.

SERVINGS



8

CALORIES



503 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 pounds beef chuck boneless
- 2 tablespoons butter
- 2 tablespoons canola oil
- 1 pound spaghetti cooked drained
- 0.5 teaspoon basil dried
- 1 teaspoon thyme dried
- 1 garlic clove minced
- 0.1 teaspoon ground cinnamon
- 1 small onion chopped

- 2 teaspoons oregano dried
- 8 servings parmesan cheese grated
- 0.5 teaspoon pepper
- 1.5 teaspoons salt
- 18 ounces canned tomatoes canned
- 3 cups water hot

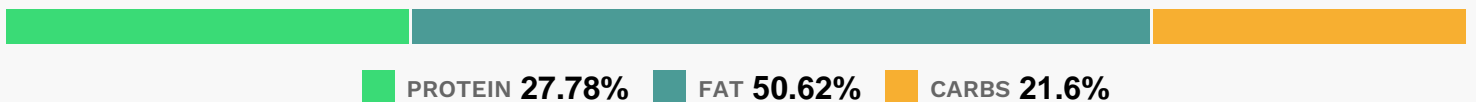
Equipment

- frying pan
- dutch oven

Directions

- Heat oil and butter in a Dutch oven; brown roast on all sides.
- Remove and set aside.
- Add the garlic, onion and seasonings to the pan. Cook slowly for about 5 minutes, stirring constantly. Stir in water and tomato paste. Return roast to Dutch oven and spoon sauce over it.
- Cover and simmer for 2-1/2 to 3 hours or until the meat is tender.
- Remove roast; cut into slices.
- Serve with spaghetti and sauce.
- Sprinkle with Parmesan cheese if desired.

Nutrition Facts



Properties

Glycemic Index:29.44, Glycemic Load:9.54, Inflammation Score:-8, Nutrition Score:23.232608701872%

Flavonoids

Isorhamnetin: 0.44mg, Isorhamnetin: 0.44mg, Isorhamnetin: 0.44mg, Isorhamnetin: 0.44mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin:

0.01mg, Myricetin: 0.01mg Quercetin: 1.78mg, Quercetin: 1.78mg, Quercetin: 1.78mg, Quercetin: 1.78mg

Nutrients (% of daily need)

Calories: 502.71kcal (25.14%), Fat: 28.51g (43.86%), Saturated Fat: 12.57g (78.55%), Carbohydrates: 27.37g (9.12%), Net Carbohydrates: 24.65g (8.96%), Sugar: 3.55g (3.94%), Cholesterol: 111.87mg (37.29%), Sodium: 1165.27mg (50.66%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 35.2g (70.4%), Selenium: 49.38µg (70.55%), Zinc: 10.35mg (68.99%), Vitamin B12: 3.51µg (58.45%), Phosphorus: 463.15mg (46.32%), Calcium: 329.21mg (32.92%), Vitamin B6: 0.6mg (30.22%), Vitamin B3: 5.98mg (29.91%), Iron: 4.49mg (24.93%), Manganese: 0.42mg (20.86%), Potassium: 669.49mg (19.13%), Vitamin B2: 0.32mg (18.85%), Magnesium: 59.25mg (14.81%), Vitamin K: 14.91µg (14.2%), Copper: 0.28mg (14.05%), Vitamin E: 2mg (13.37%), Fiber: 2.72g (10.88%), Vitamin B5: 1.06mg (10.58%), Vitamin A: 513.55IU (10.27%), Vitamin B1: 0.15mg (9.92%), Vitamin C: 6.71mg (8.13%), Folate: 20.99µg (5.25%), Vitamin D: 0.26µg (1.76%)