



Pot Roast with Vegetables

 Gluten Free  Dairy Free

READY IN



200 min.

SERVINGS



8

CALORIES



404 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 bunch baby carrots
- 2 bay leaves
- 3 pound beef chuck trimmed
- 1 cup button mushrooms sliced in half
- 1 can canned tomatoes crushed
- 2 celery stalks sliced
- 2 sprigs rosemary fresh
- 4 sprigs thyme leaves fresh

- 2 garlic cloves chopped
- 8 servings kosher salt and pepper black freshly ground
- 3 tablespoons olive oil
- 1 cup water
- 2 onion yellow halved

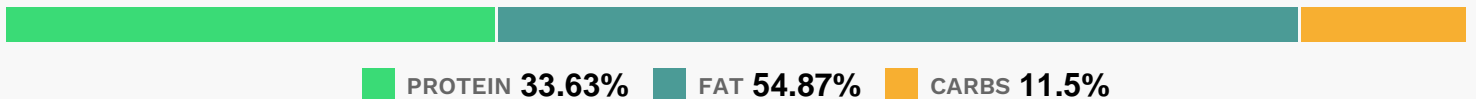
Equipment

- frying pan
- pot
- dutch oven

Directions

- Watch how to make this recipe.
- Season all sides of the beef with a fair amount of salt and pepper. In a large Dutch oven or other heavy pot that has a tight cover; heat 2 tablespoons of the oil over moderately high heat. Brown the meat on all sides, taking the time to get a nice crust on the outside.
- Pour in the tomatoes and the water. Scatter the vegetables and herbs around the pot roast, season with salt and pepper; and drizzle with the remaining tablespoon of oil. Cover the pot and reduce the heat to low. Braise for about 3 hours, basting every 30 minutes with the pan juices, until the beef is fork tender.
- Slice the pot roast and arrange on platter surrounded by the vegetables.
- Serve with the pot juices.

Nutrition Facts



Properties

Glycemic Index:29.5, Glycemic Load:1.82, Inflammation Score:-10, Nutrition Score:28.564348117165%

Flavonoids

Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg Luteolin: 0.25mg, Luteolin: 0.25mg, Luteolin: 0.25mg, Luteolin: 0.25mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 5.6mg, Quercetin: 5.6mg, Quercetin: 5.6mg, Quercetin: 5.6mg

Nutrients (% of daily need)

Calories: 404.48kcal (20.22%), Fat: 25.08g (38.59%), Saturated Fat: 9.36g (58.49%), Carbohydrates: 11.83g (3.94%), Net Carbohydrates: 8.5g (3.09%), Sugar: 6.36g (7.07%), Cholesterol: 117.37mg (39.12%), Sodium: 253.76mg (11.03%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 34.6g (69.19%), Vitamin A: 7921.13IU (158.42%), Zinc: 13.16mg (87.73%), Vitamin B12: 4.65µg (77.47%), Selenium: 37.22µg (53.18%), Vitamin B3: 8.78mg (43.9%), Vitamin B6: 0.85mg (42.28%), Phosphorus: 374.09mg (37.41%), Iron: 4.98mg (27.65%), Potassium: 937.21mg (26.78%), Vitamin B2: 0.35mg (20.78%), Vitamin B5: 1.64mg (16.37%), Copper: 0.31mg (15.73%), Manganese: 0.27mg (13.71%), Vitamin K: 14.3µg (13.62%), Magnesium: 53.67mg (13.42%), Fiber: 3.33g (13.33%), Vitamin B1: 0.19mg (12.81%), Vitamin C: 9.56mg (11.59%), Vitamin E: 1.73mg (11.55%), Folate: 34.93µg (8.73%), Calcium: 76.52mg (7.65%), Vitamin D: 0.19µg (1.29%)