



Pot Roast with Vegetables



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



603 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 10.5 ounce beef broth undiluted canned
- ☐ 8 ounce tomato sauce canned
- ☐ 4 carrots cut into 1-inch slices
- ☐ 3 pound chuck roast boneless trimmed
- ☐ 1 cup cooking wine dry red
- ☐ 1 teaspoon hot sauce
- ☐ 1 medium onion minced
- ☐ 3 potatoes cut into 1 1/2-inch cubes

- ☐ 0.8 teaspoon salt
- ☐ 1 teaspoon sugar
- ☐ 2 tablespoons vegetable oil
- ☐ 3 cups water

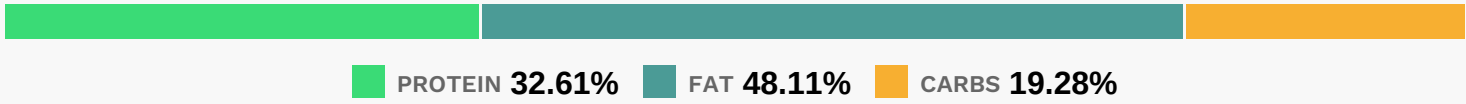
Equipment

- ☐ dutch oven
- ☐ pressure cooker

Directions

- ☐ Brown roast on all sides in hot oil in a pressure cooker over medium-high heat.
- ☐ Add carrot and remaining ingredients; close cover securely.
- ☐ Place pressure regulator on vent pipe, and cook 45 minutes with pres-sure regulator rocking slowly.
- ☐ Remove from heat.
- ☐ Run cold water over pressure cooker to reduce pressure instantly; remove lid so that steam escapes away from you.
- ☐ Dutch oven method: Brown roast on all sides in hot oil in a large Dutch oven over medium-high heat.
- ☐ Add carrot and remaining ingredients. Cover, reduce heat, and simmer 3 hours or until roast and vegetables are tender.

Nutrition Facts



Properties

Glycemic Index:45.45, Glycemic Load:16.4, Inflammation Score:-10, Nutrition Score:36.580434830292%

Flavonoids

Petunidin: 1.33mg, Petunidin: 1.33mg, Petunidin: 1.33mg, Petunidin: 1.33mg Delphinidin: 1.67mg, Delphinidin: 1.67mg, Delphinidin: 1.67mg, Delphinidin: 1.67mg Malvidin: 10.5mg, Malvidin: 10.5mg, Malvidin: 10.5mg, Malvidin: 10.5mg Peonidin: 0.74mg, Peonidin: 0.74mg, Peonidin: 0.74mg, Peonidin: 0.74mg Catechin: 3.08mg, Catechin: 3.08mg,

Catechin: 3.08mg, Catechin: 3.08mg Epicatechin: 4.26mg, Epicatechin: 4.26mg, Epicatechin: 4.26mg, Epicatechin: 4.26mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Isorhamnetin: 0.93mg, Isorhamnetin: 0.93mg, Isorhamnetin: 0.93mg, Isorhamnetin: 0.93mg Kaempferol: 1.07mg, Kaempferol: 1.07mg, Kaempferol: 1.07mg, Kaempferol: 1.07mg Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg Quercetin: 4.78mg, Quercetin: 4.78mg, Quercetin: 4.78mg, Quercetin: 4.78mg

Nutrients (% of daily need)

Calories: 602.7kcal (30.14%), Fat: 31.01g (47.71%), Saturated Fat: 12.25g (76.53%), Carbohydrates: 27.96g (9.32%), Net Carbohydrates: 23.59g (8.58%), Sugar: 5.55g (6.17%), Cholesterol: 156.49mg (52.16%), Sodium: 896.84mg (38.99%), Alcohol: 4.2g (100%), Alcohol %: 0.83% (100%), Protein: 47.28g (94.56%), Vitamin A: 6990.5IU (139.81%), Zinc: 17.59mg (117.26%), Vitamin B12: 6.23µg (103.77%), Selenium: 47.75µg (68.22%), Vitamin B6: 1.3mg (65.2%), Vitamin B3: 12.11mg (60.57%), Phosphorus: 525.63mg (52.56%), Potassium: 1498.32mg (42.81%), Iron: 6.16mg (34.24%), Vitamin C: 27.88mg (33.8%), Vitamin B2: 0.43mg (25.13%), Magnesium: 82.19mg (20.55%), Vitamin B5: 1.97mg (19.69%), Vitamin K: 20.28µg (19.31%), Vitamin B1: 0.28mg (18.7%), Fiber: 4.36g (17.45%), Copper: 0.34mg (17.08%), Manganese: 0.31mg (15.7%), Vitamin E: 1.63mg (10.86%), Folate: 39.49µg (9.87%), Calcium: 81.03mg (8.1%), Vitamin D: 0.23µg (1.51%)