



WHATSheATE

Pot Roast with Winter Root Vegetables



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



10

CALORIES



555 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients



6 ounces bacon



3 bay leaves



4 pound beef chuck boneless grass-fed



2 teaspoons pepper black freshly ground



1 pound carrots peeled cut into 1-inch pieces



1 small celery root peeled cut into 1-inch cubes



2 teaspoons coarse kosher salt



1 teaspoon mustard dry

- ☐ 2 cups cooking wine dry red
- ☐ 2 teaspoons thyme leaves fresh chopped
- ☐ 12 garlic cloves peeled
- ☐ 1 teaspoon brown sugar packed ()
- ☐ 2 teaspoons hungarian paprika sweet
- ☐ 0.5 cup low-salt chicken broth
- ☐ 2 large onions thinly sliced
- ☐ 12 ounces parsnips peeled cut into 1-inch pieces
- ☐ 12 small shallots peeled

Equipment

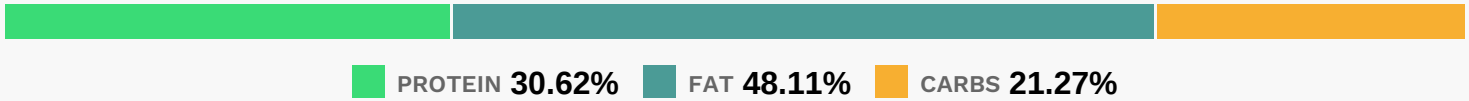
- ☐ bowl
- ☐ paper towels
- ☐ oven
- ☐ pot
- ☐ slotted spoon

Directions

- ☐ Preheat oven to 350°F.
- ☐ Mix first 6 ingredients in small bowl. Rub spice blend all over beef.
- ☐ Cook bacon in heavy large ovenproof pot over medium heat until browned and lightly crisp. Using slotted spoon, transfer bacon to paper towels to drain.
- ☐ Pour off all but 2 tablespoons drippings from pot. Increase heat to medium-high.
- ☐ Add beef and cook until browned on all sides, about 12 minutes total.
- ☐ Transfer beef to plate.
- ☐ Add red wine to pot; bring to boil, scraping up browned bits. Boil until reduced to 1/2 cup, about 5 minutes.
- ☐ Add broth and bacon.
- ☐ Place beef atop bacon. Scatter onions, shallots, garlic, and bay leaves around beef.

- ☐ Cover pot, transfer to oven, and roast 1 hour. Turn beef over; stir onions. Cover and roast 1hour longer, adding water by 1/4 cupfuls if dry.
- ☐ Transfer beef to plate.
- ☐ Add carrots, parsnips, and celery to pot; stir to coat.
- ☐ Place beef atop vegetables, cover, and roast until beef and vegetables are tender, about 45 minutes longer.
- ☐ Transfer beef to platter. Spoon off fat from surface of sauce. Season sauce to taste with salt and pepper.
- ☐ Pour sauce over beef and serve.

Nutrition Facts



Properties

Glycemic Index:31.28, Glycemic Load:7.7, Inflammation Score:-10, Nutrition Score:35.976087119268%

Flavonoids

Petunidin: 1.59mg, Petunidin: 1.59mg, Petunidin: 1.59mg, Petunidin: 1.59mg Delphinidin: 2.01mg, Delphinidin: 2.01mg, Delphinidin: 2.01mg, Delphinidin: 2.01mg Malvidin: 12.6mg, Malvidin: 12.6mg, Malvidin: 12.6mg, Malvidin: 12.6mg Peonidin: 0.89mg, Peonidin: 0.89mg, Peonidin: 0.89mg, Peonidin: 0.89mg Catechin: 3.7mg, Catechin: 3.7mg, Catechin: 3.7mg, Catechin: 3.7mg Epicatechin: 5.12mg, Epicatechin: 5.12mg, Epicatechin: 5.12mg, Epicatechin: 5.12mg Apigenin: 1.58mg, Apigenin: 1.58mg, Apigenin: 1.58mg, Apigenin: 1.58mg Luteolin: 0.26mg, Luteolin: 0.26mg, Luteolin: 0.26mg, Luteolin: 0.26mg Isorhamnetin: 1.51mg, Isorhamnetin: 1.51mg, Isorhamnetin: 1.51mg, Isorhamnetin: 1.51mg Kaempferol: 0.32mg, Kaempferol: 0.32mg, Kaempferol: 0.32mg, Kaempferol: 0.32mg Myricetin: 0.22mg, Myricetin: 0.22mg, Myricetin: 0.22mg, Myricetin: 0.22mg Quercetin: 6.98mg, Quercetin: 6.98mg, Quercetin: 6.98mg, Quercetin: 6.98mg

Nutrients (% of daily need)

Calories: 554.79kcal (27.74%), Fat: 28.28g (43.51%), Saturated Fat: 11.56g (72.22%), Carbohydrates: 28.13g (9.38%), Net Carbohydrates: 22.15g (8.05%), Sugar: 8.95g (9.95%), Cholesterol: 136.42mg (45.47%), Sodium: 833.85mg (36.25%), Alcohol: 5.04g (100%), Alcohol %: 1.36% (100%), Protein: 40.51g (81.01%), Vitamin A: 7829.84IU (156.6%), Zinc: 14.64mg (97.58%), Vitamin B12: 5.05µg (84.17%), Selenium: 43.4µg (62%), Vitamin B6: 1.14mg (56.93%), Phosphorus: 521.96mg (52.2%), Vitamin B3: 10.01mg (50.06%), Vitamin K: 44.42µg (42.31%), Potassium: 1291.49mg (36.9%), Manganese: 0.64mg (31.88%), Iron: 5.38mg (29.87%), Vitamin C: 20.07mg (24.33%), Fiber: 5.98g (23.93%), Vitamin B2: 0.39mg (22.88%), Vitamin B1: 0.3mg (20.15%), Magnesium: 78mg (19.5%), Vitamin B5: 1.93mg (19.3%), Folate: 58.89µg (14.72%), Copper: 0.29mg (14.59%), Calcium: 117.56mg (11.76%), Vitamin E: 1.61mg (10.73%), Vitamin D: 0.25µg (1.66%)