



## PrairieLand Pot Roast

 Gluten Free  Dairy Free

READY IN



160 min.

SERVINGS



40

CALORIES



82 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

## Ingredients

- 2 lb beef shoulder roast boneless
- 1 lb carrots peeled cut into 1-inch pieces
- 8 oz classic catalina dressing divided kraft
- 2 Tbsp parsley fresh chopped
- 2 large onions sliced
- 0.3 tsp pepper
- 0.5 tsp salt
- 1.5 cups water

2 lb yukon gold potatoes peeled cut into 2-inch chunks ( 12)

## Equipment

frying pan

dutch oven

## Directions

Season meat with salt and pepper; cook in 1/4 cup dressing in Dutch oven on high heat 6 to 8 min. or until browned on both sides.

Add onions; cook 5 to 6 min. or until caramelized, stirring occasionally.

Add remaining dressing, potatoes, carrots and enough water to come 3/4 the way up side of meat. Bring to boil; cover. Simmer on low heat 2 hours or until meat and vegetables are tender.

Remove meat from pan; cut across the grain into thin slices.

Serve meat and vegetables topped with pan drippings and parsley.

## Nutrition Facts



## Properties

Glycemic Index:5.54, Glycemic Load:3.42, Inflammation Score:-8, Nutrition Score:6.6860870395018%

## Flavonoids

Apigenin: 0.41mg, Apigenin: 0.41mg, Apigenin: 0.41mg, Apigenin: 0.41mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 0.38mg, Isorhamnetin: 0.38mg, Isorhamnetin: 0.38mg, Isorhamnetin: 0.38mg Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 1.71mg, Quercetin: 1.71mg, Quercetin: 1.71mg, Quercetin: 1.71mg

## Nutrients (% of daily need)

Calories: 82.25kcal (4.11%), Fat: 2.47g (3.8%), Saturated Fat: 0.79g (4.92%), Carbohydrates: 7.44g (2.48%), Net Carbohydrates: 6.48g (2.36%), Sugar: 2.54g (2.82%), Cholesterol: 18.37mg (6.12%), Sodium: 124.55mg (5.42%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.13g (14.25%), Vitamin A: 1912.01IU (38.24%), Zinc: 1.93mg (12.87%), Vitamin B12: 0.75µg (12.47%), Vitamin B6: 0.25mg (12.31%), Selenium: 7.51µg (10.73%), Vitamin B3: 1.63mg

(8.17%), Phosphorus: 75.67mg (7.57%), Vitamin C: 5.94mg (7.21%), Potassium: 228.31mg (6.52%), Vitamin K: 5.46µg (5.2%), Iron: 0.91mg (5.05%), Vitamin B2: 0.07mg (3.85%), Fiber: 0.95g (3.81%), Magnesium: 13.43mg (3.36%), Manganese: 0.07mg (3.28%), Vitamin B1: 0.05mg (3.16%), Copper: 0.06mg (2.93%), Vitamin B5: 0.28mg (2.76%), Folate: 9.09µg (2.27%), Calcium: 11.51mg (1.15%)