



Pumpernickel Roast

 Dairy Free  Very Healthy

READY IN



45 min.

SERVINGS



6

CALORIES



448 kcal

BREAD

Ingredients

- ☐ 1 tablespoon caraway seeds
- ☐ 1 medium extra wide egg noodles hot cooked
- ☐ 12 ounce beer dark
- ☐ 0.3 cup flour all-purpose
- ☐ 10 ounce pearl onions frozen
- ☐ 1 teaspoon pepper
- ☐ 4 pound sirloin tip roast
- ☐ 1.5 teaspoons salt

☐ 0.3 cup mustard stone-ground

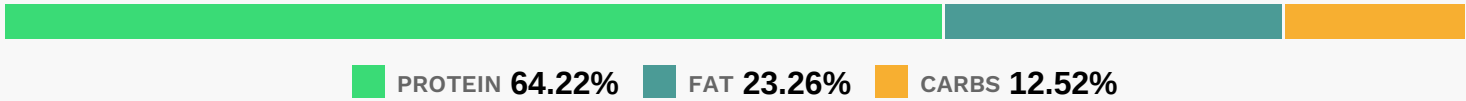
Equipment

- ☐ whisk
- ☐ slow cooker

Directions

- ☐ Place onions in a 4-quart slow cooker; place roast on top.
- ☐ Add beer and next 4 ingredients.
- ☐ Cook, covered, at HIGH 8 hours or until roast is tender.
- ☐ Remove roast and onions, reserving drippings in cooker.
- ☐ Whisk flour into reserved drippings; cook 10 minutes or until thickened.
- ☐ Serve with roast, onions, and hot noodles.

Nutrition Facts



Properties

Glycemic Index:42.75, Glycemic Load:5.72, Inflammation Score:-6, Nutrition Score:32.759565406519%

Flavonoids

Catechin: 0.22mg, Catechin: 0.22mg, Catechin: 0.22mg, Catechin: 0.22mg Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 2.37mg, Isorhamnetin: 2.37mg, Isorhamnetin: 2.37mg, Isorhamnetin: 2.37mg Kaempferol: 0.77mg, Kaempferol: 0.77mg, Kaempferol: 0.77mg, Kaempferol: 0.77mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 9.6mg, Quercetin: 9.6mg, Quercetin: 9.6mg, Quercetin: 9.6mg Gallocatechin: 0.05mg, Gallocatechin: 0.05mg, Gallocatechin: 0.05mg, Gallocatechin: 0.05mg

Nutrients (% of daily need)

Calories: 448.21kcal (22.41%), Fat: 10.76g (16.55%), Saturated Fat: 3.54g (22.1%), Carbohydrates: 13.03g (4.34%), Net Carbohydrates: 11.13g (4.05%), Sugar: 2.18g (2.42%), Cholesterol: 166.37mg (55.46%), Sodium: 875.43mg (38.06%), Alcohol: 2.21g (100%), Alcohol %: 0.66% (100%), Protein: 66.83g (133.66%), Selenium: 93.73µg (133.9%), Vitamin B3: 20.08mg (100.42%), Vitamin B6: 2mg (99.83%), Zinc: 12.75mg (85.01%), Phosphorus: 660.54mg (66.05%), Vitamin B12: 3.79µg (63.19%), Iron: 6.18mg (34.34%), Potassium: 1144.48mg (32.7%), Vitamin B2: 0.48mg

(28.46%), Vitamin B1: 0.37mg (24.6%), Magnesium: 87.39mg (21.85%), Vitamin B5: 2.05mg (20.47%), Copper: 0.35mg (17.32%), Folate: 62.27µg (15.57%), Manganese: 0.25mg (12.65%), Calcium: 89.94mg (8.99%), Fiber: 1.9g (7.61%), Vitamin E: 0.9mg (5.97%), Vitamin C: 3.75mg (4.54%), Vitamin K: 4.24µg (4.04%)