



Roast Beef and Gravy

 Dairy Free

READY IN



490 min.

SERVINGS



8

CALORIES



379 kcal

SAUCE

Ingredients

- 3 pound beef chuck boneless
- 14 ounce beef broth canned
- 21.5 ounce cream of mushroom soup undiluted canned
- 0.3 cup cooking sherry dry
- 1 envelope onion soup mix

Equipment

- bowl
- slow cooker

Directions

- Cut chuck roast in half; place in slow cooker.
- Combine cream of mushroom soup, beef broth, sherry, and soup mix in a bowl; pour over roast.
- Cover and cook on Low until meat is tender, 8 to 9 hours.

Nutrition Facts

PROTEIN 39.91% **FAT 52.03%** **CARBS 8.06%**

Properties

Glycemic Index:1.88, Glycemic Load:0.04, Inflammation Score:-2, Nutrition Score:20.740000016663%

Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.08mg, Catechin: 0.08mg, Catechin: 0.08mg, Catechin: 0.08mg Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg Hesperetin: 0.04mg, Hesperetin: 0.04mg, Hesperetin: 0.04mg, Hesperetin: 0.04mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg

Nutrients (% of daily need)

Calories: 378.97kcal (18.95%), Fat: 21.48g (33.05%), Saturated Fat: 9.55g (59.68%), Carbohydrates: 7.5g (2.5%), Net Carbohydrates: 7.01g (2.55%), Sugar: 0.33g (0.36%), Cholesterol: 121.18mg (40.39%), Sodium: 1264.57mg (54.98%), Alcohol: 1.03g (100%), Alcohol %: 0.42% (100%), Protein: 37.08g (74.15%), Zinc: 13.7mg (91.32%), Vitamin B12: 4.8µg (80%), Selenium: 35.65µg (50.92%), Vitamin B3: 8.51mg (42.56%), Phosphorus: 362.38mg (36.24%), Vitamin B6: 0.72mg (36.05%), Iron: 4.25mg (23.58%), Potassium: 730.66mg (20.88%), Vitamin B2: 0.32mg (18.7%), Manganese: 0.3mg (14.77%), Copper: 0.27mg (13.71%), Vitamin B5: 1.25mg (12.46%), Magnesium: 42.64mg (10.66%), Vitamin B1: 0.14mg (9.53%), Calcium: 42.99mg (4.3%), Folate: 11.53µg (2.88%), Vitamin K: 2.66µg (2.53%), Vitamin E: 0.33mg (2.2%), Fiber: 0.48g (1.93%), Vitamin D: 0.17µg (1.13%)