



Roast with Peppered Gravy

 Dairy Free

READY IN



70 min.

SERVINGS



8

CALORIES



165 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1.3 cups no-salt-added beef broth canned
- 2 pound eye of round roast boneless lean
- 3 tablespoons flour all-purpose
- 2 large cloves garlic crushed
- 1 medium onion cut into wedges
- 0.3 teaspoon pepper
- 1 teaspoon pepper dried red crushed
- 0.3 cup red wine vinegar

- 0.5 teaspoon salt
- 2 tablespoons water

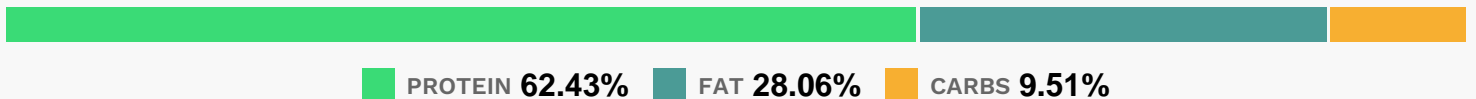
Equipment

- frying pan
- pressure cooker

Directions

- Trim fat from roast. Coat a 4-quart pressure cooker with cooking spray; place over medium-high heat until hot.
- Add roast; cook until browned on all sides.
- Add onion and next 6 ingredients. Cover cooker with lid, and seal securely.
- Place pressure control over vent and tube. Cook over high heat until pressure control rocks back and forth quickly. Reduce heat until pressure control rocks occasionally; cook 40 minutes.
- Run cold water over pressure cooker to reduce pressure rapidly. Carefully remove lid so that steam escapes away from you.
- Transfer roast to a serving platter; set aside, and keep warm.
- Skim fat from pan juices.
- Combine flour and water, stirring until smooth; add flour mixture to juices. Cook over medium heat, stirring constantly, until thickened.
- Serve gravy with roast.

Nutrition Facts



Properties

Glycemic Index:20.5, Glycemic Load:1.91, Inflammation Score:-3, Nutrition Score:14.920000028351%

Flavonoids

Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 2.8mg, Quercetin: 2.8mg, Quercetin: 2.8mg, Quercetin: 2.8mg

Nutrients (% of daily need)

Calories: 165.23kcal (8.26%), Fat: 5.09g (7.84%), Saturated Fat: 1.79g (11.2%), Carbohydrates: 3.89g (1.3%), Net Carbohydrates: 3.46g (1.26%), Sugar: 0.62g (0.68%), Cholesterol: 9.53mg (3.18%), Sodium: 414.61mg (18.03%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 25.51g (51.02%), Vitamin B6: 1.1mg (54.82%), Vitamin B3: 8.38mg (41.91%), Vitamin B12: 2.32µg (38.69%), Zinc: 5.29mg (35.25%), Selenium: 22.45µg (32.08%), Phosphorus: 274.08mg (27.41%), Vitamin B2: 0.35mg (20.87%), Iron: 3.13mg (17.38%), Vitamin B1: 0.22mg (14.57%), Potassium: 503.35mg (14.38%), Copper: 0.2mg (9.96%), Vitamin B5: 0.85mg (8.52%), Magnesium: 32.69mg (8.17%), Vitamin C: 6.06mg (7.34%), Manganese: 0.08mg (4.07%), Folate: 8.75µg (2.19%), Fiber: 0.43g (1.71%), Vitamin A: 74.81IU (1.5%), Calcium: 12.47mg (1.25%)