



Root Beer Pot Roast



Gluten Free



Dairy Free

READY IN



20 min.

SERVINGS



10

CALORIES



242 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 12 ounce chili sauce
- ☐ 4 pound eye of round roast
- ☐ 1 garlic clove minced
- ☐ 1 large onion thinly sliced
- ☐ 1 teaspoon pepper divided
- ☐ 12 ounce root beer not diet
- ☐ 1.5 teaspoons salt divided
- ☐ 1 tablespoon vegetable oil

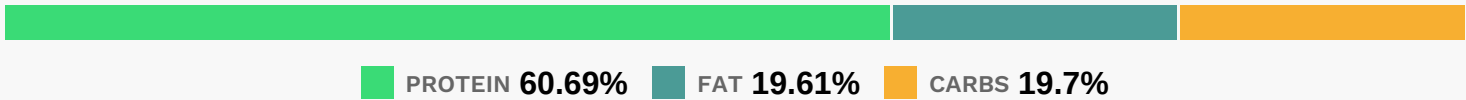
Equipment

- ☐ oven
- ☐ dutch oven

Directions

- ☐ Sprinkle roast evenly with 1 teaspoon salt and 1/2 teaspoon pepper.
- ☐ Brown roast on all sides in hot oil in a large ovenproof Dutch oven over medium-high heat.
- ☐ Add onion.
- ☐ Remove Dutch oven from heat.
- ☐ Stir together remaining 1/2 teaspoon salt, remaining 1/2 teaspoon pepper, root beer, chili sauce, and garlic until blended.
- ☐ Pour root beer mixture over roast mixture in Dutch oven.
- ☐ Bake, covered, at 300 for 3 hours or until tender.

Nutrition Facts



Properties

Glycemic Index:8.9, Glycemic Load:0.36, Inflammation Score:-5, Nutrition Score:22.176087141037%

Flavonoids

Isorhamnetin: 0.75mg, Isorhamnetin: 0.75mg, Isorhamnetin: 0.75mg, Isorhamnetin: 0.75mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 3.05mg, Quercetin: 3.05mg, Quercetin: 3.05mg, Quercetin: 3.05mg

Nutrients (% of daily need)

Calories: 242.03kcal (12.1%), Fat: 5.3g (8.15%), Saturated Fat: 1.73g (10.84%), Carbohydrates: 11.97g (3.99%), Net Carbohydrates: 10.84g (3.94%), Sugar: 8.77g (9.75%), Cholesterol: 0mg (0%), Sodium: 887.81mg (38.6%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 36.87g (73.74%), Vitamin B6: 1.7mg (84.85%), Vitamin B3: 12.6mg (62.98%), Vitamin B12: 3.21µg (53.52%), Zinc: 7.66mg (51.06%), Selenium: 29.2µg (41.72%), Phosphorus: 412.9mg (41.29%), Vitamin B2: 0.52mg (30.5%), Iron: 4.47mg (24.82%), Potassium: 817.92mg (23.37%), Vitamin B1: 0.33mg (21.79%), Copper: 0.32mg (15.88%), Magnesium: 49.89mg (12.47%), Vitamin B5: 1.17mg (11.66%), Vitamin C: 6.65mg (8.06%), Vitamin E: 0.77mg (5.13%), Vitamin A: 232.75IU (4.66%), Fiber: 1.13g (4.51%), Vitamin K: 4.66µg (4.44%),

Manganese: 0.08mg (3.76%), Calcium: 20.86mg (2.09%), Folate: 5.95µg (1.49%)