



Saucy Italian-Style Pot Roast

 Dairy Free  Very Healthy

READY IN



505 min.

SERVINGS



12

CALORIES



334 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 29 ounce tomatoes diced italian-style undrained canned
- ☐ 0.3 cup flour all-purpose divided
- ☐ 4 cloves garlic minced
- ☐ 1 medium size bell pepper green coarsely chopped
- ☐ 8 ounce pre mushrooms fresh
- ☐ 1 medium onion coarsely chopped
- ☐ 2 tablespoons oregano dried fresh finely chopped
- ☐ 0.3 teaspoon pepper dried red crushed

- ☐ 3 pound beef rump roast lean
- ☐ 0.5 teaspoon salt
- ☐ 16 ounces pasta like spaghetti uncooked
- ☐ 3 tablespoons water

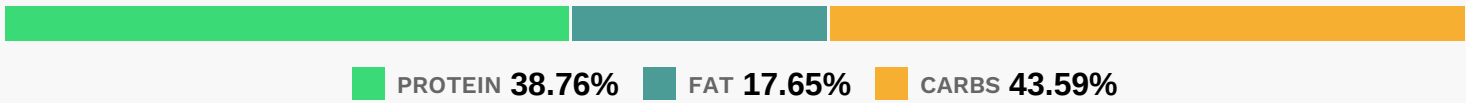
Equipment

- ☐ slow cooker

Directions

- ☐ Place onion in bottom of a 4-quart electric slow cooker; add beef roast.
- ☐ Sprinkle 2 tablespoons flour, oregano, salt, and crushed red pepper over roast.
- ☐ Add green pepper and next 3 ingredients to slow cooker. Cover and cook on low setting 8 hours or until roast is tender.
- ☐ When roast is done, cook spaghetti according to package directions, omitting salt and fat; drain well.
- ☐ While pasta cooks, remove roast from cooker, and slice diagonally across grain; keep warm.
- ☐ Combine remaining 2 tablespoons flour and water, stirring until smooth; add to sauce in cooker. Cook, uncovered, 10 to 15 minutes or until mixture is thickened.
- ☐ Serve meat and sauce over spaghetti.

Nutrition Facts



Properties

Glycemic Index:18.42, Glycemic Load:13.24, Inflammation Score:-8, Nutrition Score:21.777391267859%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.48mg, Luteolin: 0.48mg, Luteolin: 0.48mg, Luteolin: 0.48mg Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 2.44mg, Quercetin: 2.44mg, Quercetin: 2.44mg, Quercetin: 2.44mg

Nutrients (% of daily need)

Calories: 333.74kcal (16.69%), Fat: 6.45g (9.92%), Saturated Fat: 2.08g (13.01%), Carbohydrates: 35.81g (11.94%), Net Carbohydrates: 32.94g (11.98%), Sugar: 3.69g (4.11%), Cholesterol: 70.31mg (23.44%), Sodium: 263.55mg (11.46%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 31.84g (63.69%), Selenium: 58.24µg (83.21%), Vitamin B3: 9.74mg (48.69%), Vitamin B6: 0.95mg (47.31%), Zinc: 5.53mg (36.85%), Phosphorus: 354.86mg (35.49%), Vitamin B12: 2.11µg (35.09%), Manganese: 0.53mg (26.25%), Iron: 4.09mg (22.73%), Potassium: 708.75mg (20.25%), Vitamin B2: 0.34mg (20.1%), Vitamin C: 15.75mg (19.09%), Copper: 0.35mg (17.55%), Magnesium: 61.57mg (15.39%), Vitamin B1: 0.22mg (14.63%), Fiber: 2.87g (11.47%), Vitamin B5: 1.07mg (10.68%), Folate: 39.76µg (9.94%), Vitamin K: 9.41µg (8.96%), Vitamin E: 1.06mg (7.06%), Calcium: 70.21mg (7.02%), Vitamin A: 143.65IU (2.87%)