



## Savory Pot Roast

 Dairy Free  Low Fod Map

READY IN



140 min.

SERVINGS



10

CALORIES



340 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 2.5 lb beef chuck eye roast boneless
- 0.8 lb carrots peeled cut into 1-inch lengths
- 0.3 cup a.1. original sauce
- 0.9 oz onion-mushroom soup mix dry
- 0.3 cup water
- 3 lb yukon gold potatoes quartered ( 12)

### Equipment

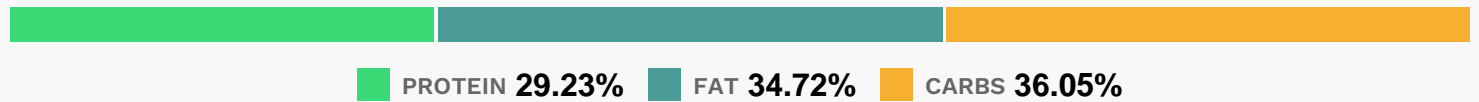
- frying pan

- oven
- aluminum foil

## Directions

- Heat oven to 350F.
- Place meat in shallow foil-lined pan; surround with vegetables.
- Mix remaining ingredients until blended; spoon over meat and vegetables. Cover.
- Bake 2 hours or until tender.
- Serve with vegetables and pan gravy.

## Nutrition Facts



## Properties

Glycemic Index:13.06, Glycemic Load:18.48, Inflammation Score:-10, Nutrition Score:24.507826017297%

## Flavonoids

Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 1.17mg, Kaempferol: 1.17mg, Kaempferol: 1.17mg, Kaempferol: 1.17mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 1.02mg, Quercetin: 1.02mg, Quercetin: 1.02mg, Quercetin: 1.02mg

## Nutrients (% of daily need)

Calories: 339.94kcal (17%), Fat: 13.24g (20.37%), Saturated Fat: 5.77g (36.04%), Carbohydrates: 30.92g (10.31%), Net Carbohydrates: 26.81g (9.75%), Sugar: 4.61g (5.13%), Cholesterol: 78.24mg (26.08%), Sodium: 423.43mg (18.41%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 25.08g (50.15%), Vitamin A: 5701.13IU (114.02%), Zinc: 9.03mg (60.22%), Vitamin B12: 3.1µg (51.6%), Vitamin B6: 0.9mg (44.88%), Vitamin C: 28.9mg (35.03%), Selenium: 23.93µg (34.19%), Vitamin B3: 6.71mg (33.55%), Phosphorus: 309.18mg (30.92%), Potassium: 1076.63mg (30.76%), Iron: 3.55mg (19.74%), Fiber: 4.1g (16.46%), Magnesium: 58.54mg (14.63%), Manganese: 0.29mg (14.26%), Vitamin B1: 0.21mg (14.22%), Vitamin B2: 0.23mg (13.81%), Vitamin B5: 1.21mg (12.14%), Copper: 0.24mg (12.09%), Vitamin K: 8.81µg (8.39%), Folate: 31.64µg (7.91%), Calcium: 50.72mg (5.07%), Vitamin E: 0.46mg (3.05%)