



Savory Pot Roast

 **Gluten Free**  **Dairy Free**

READY IN



45 min.

SERVINGS



10

CALORIES



234 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 bay leaves
- 2 cups no-salt-added beef broth undiluted canned
- 2.5 pound bottom round roast lean
- 2 large carrots cut into fourths
- 2 stalks celery cut into fourths
- 2 tablespoons garlic minced
- 2 tablespoons juice of lemon
- 1 large onion peeled cut into fourths

- 1 teaspoon pepper
- 8 ounce no-salt-added tomato sauce canned
- 2 teaspoons vegetable oil

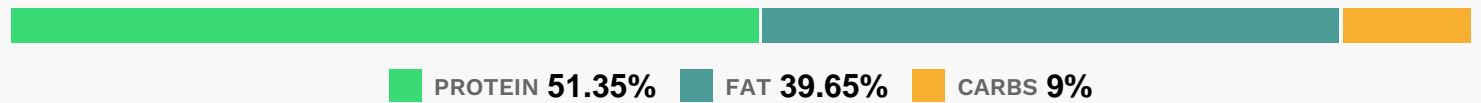
Equipment

- ziploc bags
- dutch oven

Directions

- Trim fat from roast. Coat a Dutch oven with cooking spray; add oil.
- Place over medium-high heat until hot.
- Add roast; cook until browned on all sides.
- Add beef broth and next 5 ingredients; bring to a boil. Cover, reduce heat, and simmer 1 hour and 45 minutes.
- Add carrot, celery, and onion; cook 45 minutes or until meat is tender.
- Remove and discard bay leaves. Reserve vegetables for other uses, if desired.
- Remove meat from broth, and cut into 5 (6-ounce) portions; place in 5 labeled heavy-duty, zip-top plastic bags. Store in refrigerator up to 4 days or in freezer up to 3 months. Strain broth, and reserve for other uses, if desired.

Nutrition Facts



Properties

Glycemic Index:21.28, Glycemic Load:1.36, Inflammation Score:-9, Nutrition Score:18.968260848004%

Flavonoids

Eriodictyol: 0.15mg, Eriodictyol: 0.15mg, Eriodictyol: 0.15mg, Eriodictyol: 0.15mg Hesperetin: 0.43mg, Hesperetin: 0.43mg, Hesperetin: 0.43mg, Hesperetin: 0.43mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Apigenin: 0.23mg, Apigenin: 0.23mg, Apigenin: 0.23mg, Apigenin: 0.23mg Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg Isorhamnetin: 0.75mg, Isorhamnetin: 0.75mg, Isorhamnetin: 0.75mg, Isorhamnetin: 0.75mg Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg

Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 3.15mg, Quercetin: 3.15mg, Quercetin: 3.15mg, Quercetin: 3.15mg

Nutrients (% of daily need)

Calories: 233.54kcal (11.68%), Fat: 10.05g (15.46%), Saturated Fat: 3.16g (19.76%), Carbohydrates: 5.13g (1.71%), Net Carbohydrates: 3.91g (1.42%), Sugar: 2.33g (2.58%), Cholesterol: 82.51mg (27.5%), Sodium: 463.33mg (20.14%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 29.28g (58.55%), Selenium: 36.2µg (51.72%), Vitamin A: 2542.74IU (50.85%), Vitamin B6: 0.89mg (44.71%), Vitamin B3: 8.92mg (44.58%), Vitamin B12: 2.5µg (41.67%), Zinc: 5.51mg (36.7%), Phosphorus: 290.71mg (29.07%), Potassium: 622.22mg (17.78%), Iron: 3.08mg (17.13%), Vitamin B2: 0.25mg (14.78%), Vitamin C: 11.57mg (14.02%), Magnesium: 38.84mg (9.71%), Vitamin B1: 0.14mg (9.52%), Copper: 0.19mg (9.26%), Vitamin K: 8.31µg (7.91%), Vitamin B5: 0.79mg (7.87%), Manganese: 0.15mg (7.35%), Folate: 27.1µg (6.77%), Vitamin E: 0.87mg (5.79%), Fiber: 1.22g (4.9%), Calcium: 41.83mg (4.18%)