



 **79%**
HEALTH SCORE

Shredded Roast Beef Stuffed Sweet Potatoes (Whole 30 & PALEO)

 **Gluten Free**  **Dairy Free**  **Very Healthy**

READY IN



490 min.

SERVINGS



5

CALORIES



486 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 5 servings beef broth
- 2 lb pot roast cut
- 5 servings salt and pepper to taste
- 6 sweet potatoes and into

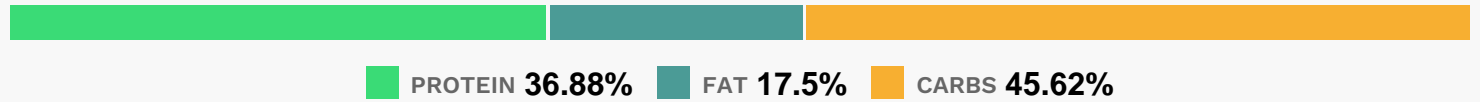
Equipment

- slow cooker

Directions

- Place the roast in Crock Pot, cover with beef broth, and cook on low for 8 hours. Fully cook the sweet potatoes when ready. When roast is finished, shred and serve over the sweet potatoes.

Nutrition Facts



Properties

Glycemic Index:11.6, Glycemic Load:26.93, Inflammation Score:0, Nutrition Score:35.180434782609%

Flavonoids

Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Taste

Sweetness: 100%, Saltiness: 4.24%, Sourness: 0%, Bitterness: 0%, Savoriness: 0%, Fattiness: 82.04%, Spiciness: 0%

Nutrients (% of daily need)

Calories: 485.5kcal (24.27%), Fat: 9.3g (14.31%), Saturated Fat: 3.45g (21.57%), Carbohydrates: 54.57g (18.19%), Net Carbohydrates: 46.43g (16.88%), Sugar: 11.34g (12.6%), Cholesterol: 117.93mg (39.31%), Sodium: 480.93mg (20.91%), Protein: 44.11g (88.23%), Vitamin A: 38475.14IU (769.5%), Vitamin B6: 1.45mg (72.71%), Zinc: 10.76mg (71.71%), Selenium: 46.09µg (65.84%), Vitamin B12: 3.83µg (63.82%), Vitamin B3: 10.99mg (54.96%), Phosphorus: 492.28mg (49.23%), Potassium: 1516.89mg (43.34%), Manganese: 0.73mg (36.38%), Vitamin B5: 3.36mg (33.56%), Fiber: 8.14g (32.54%), Iron: 5.32mg (29.57%), Copper: 0.57mg (28.74%), Vitamin B2: 0.47mg (27.67%), Magnesium: 109.56mg (27.39%), Vitamin B1: 0.35mg (23.42%), Folate: 53.44µg (13.36%), Calcium: 108.76mg (10.88%), Vitamin E: 1.23mg (8.21%), Vitamin C: 6.51mg (7.89%), Vitamin K: 7.06µg (6.72%), Vitamin D: 0.18µg (1.21%)