



Simon and Garfunkel Pot Roast



Gluten Free



Dairy Free



Popular



Low Fod Map

READY IN



490 min.

SERVINGS



6

CALORIES



500 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 3 pound beef chuck boneless
- ☐ 24 ounce gravy heinz® (such as)
- ☐ 1 tablespoon rosemary dried divided
- ☐ 1 tablespoon sage dried divided
- ☐ 1 tablespoon thyme leaves dried divided
- ☐ 0.1 cup olive oil extra-virgin
- ☐ 1 tablespoon onion salt divided
- ☐ 3 cups water

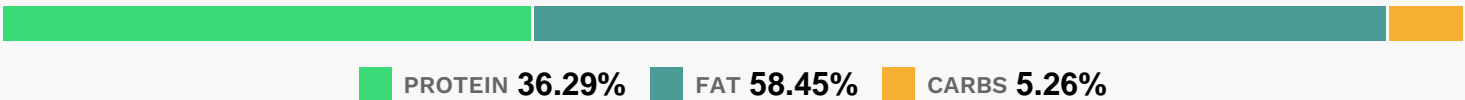
Equipment

- ☐ bowl
- ☐ slow cooker

Directions

- ☐ Pour the gravy into a slow cooker, and mix with water until smooth. Stir in half the thyme, rosemary, sage, and onion salt.
- ☐ Mix the remaining thyme, rosemary, sage, and onion salt in a bowl, and stir in the olive oil to make a paste. Rub the paste all over the beef roast, and place the roast into the gravy.
- ☐ Place the lid on the slow cooker, and set to low setting.
- ☐ Cook until the roast is very tender and the gravy is thickened, 8 to 9 hours.

Nutrition Facts



Properties

Glycemic Index:11.67, Glycemic Load:0.05, Inflammation Score:-6, Nutrition Score:24.857826139616%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg

Nutrients (% of daily need)

Calories: 499.63kcal (24.98%), Fat: 32.6g (50.15%), Saturated Fat: 13.08g (81.77%), Carbohydrates: 6.6g (2.2%), Net Carbohydrates: 6.08g (2.21%), Sugar: 1.93g (2.15%), Cholesterol: 165.56mg (55.19%), Sodium: 1872.38mg (81.41%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 45.53g (91.06%), Zinc: 17.14mg (114.25%), Vitamin B12: 6.19µg (103.19%), Selenium: 46.78µg (66.83%), Vitamin B3: 9.86mg (49.31%), Vitamin B6: 0.89mg (44.35%), Phosphorus: 430.52mg (43.05%), Iron: 5.77mg (32.04%), Vitamin K: 23.26µg (22.15%), Potassium: 765.42mg (21.87%), Vitamin B2: 0.33mg (19.65%), Vitamin B5: 1.39mg (13.93%), Magnesium: 47.93mg (11.98%), Vitamin B1: 0.16mg (10.49%), Copper: 0.17mg (8.41%), Vitamin E: 1.15mg (7.69%), Calcium: 65.24mg (6.52%), Manganese: 0.09mg (4.74%), Folate: 10.57µg (2.64%), Fiber: 0.52g (2.09%), Vitamin A: 84.91IU (1.7%), Vitamin D: 0.23µg (1.51%)