



## Simple Beef Pot Roast

 **Gluten Free**  **Popular**

READY IN



210 min.

SERVINGS



6

CALORIES



587 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 3.5 pounds beef chuck pot roast
- 0.3 cup butter
- 1 cup carrots diced
- 1 cup celery diced
- 1 teaspoon rosemary dried
- 1 teaspoon ground pepper black
- 1 cup onion diced
- 2 teaspoons salt

1 tablespoon vegetable oil

## Equipment

oven

pot

## Directions

Preheat the oven to 275 degrees F (135 degrees C).

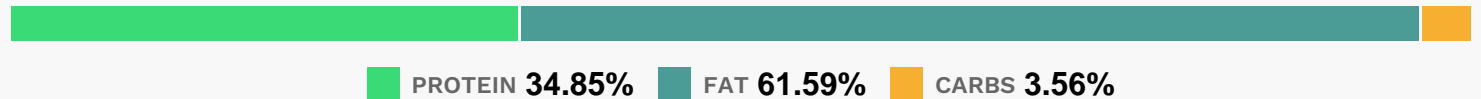
Pour vegetable oil into a large oven-safe pot over medium-high heat. Season the chuck roast with salt and black pepper. Brown the meat on both sides in the hot oil, and transfer to a plate.

Stir carrots, celery, and onion into the pot, and cook and stir until vegetables start to release their juices, about 3 minutes; loosen any brown flavor bits on the bottom of the pot.

Add butter, and cook until the onions are translucent, about 5 minutes. Then sprinkle in rosemary, stir the vegetables, and return the roast to the pot. Cover the pot with a lid.

Roast in the preheated oven until the chuck roast is tender, about 2 1/2 to 3 hours. Season vegetables with additional salt and black pepper, if desired.

## Nutrition Facts



## Properties

Glycemic Index:42.97, Glycemic Load:1.35, Inflammation Score:-10, Nutrition Score:31.285217336986%

## Flavonoids

Apigenin: 0.48mg, Apigenin: 0.48mg, Apigenin: 0.48mg, Apigenin: 0.48mg Luteolin: 0.21mg, Luteolin: 0.21mg, Luteolin: 0.21mg, Luteolin: 0.21mg Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 5.52mg, Quercetin: 5.52mg, Quercetin: 5.52mg, Quercetin: 5.52mg

## Nutrients (% of daily need)

Calories: 586.79kcal (29.34%), Fat: 40.43g (62.2%), Saturated Fat: 18.58g (116.12%), Carbohydrates: 5.26g (1.75%), Net Carbohydrates: 3.85g (1.4%), Sugar: 2.38g (2.64%), Cholesterol: 202.91mg (67.64%), Sodium: 1079.63mg

(46.94%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 51.47g (102.95%), Zinc: 20.03mg (133.54%), Vitamin B12: 7.24µg (120.66%), Selenium: 54.84µg (78.35%), Vitamin A: 3913.17IU (78.26%), Vitamin B3: 11.74mg (58.72%), Vitamin B6: 1.09mg (54.44%), Phosphorus: 522.13mg (52.21%), Iron: 5.7mg (31.69%), Potassium: 1036.44mg (29.61%), Vitamin B2: 0.42mg (24.51%), Vitamin B5: 1.77mg (17.72%), Vitamin K: 17.2µg (16.38%), Magnesium: 58.17mg (14.54%), Vitamin B1: 0.21mg (13.7%), Copper: 0.19mg (9.62%), Manganese: 0.15mg (7.68%), Vitamin E: 1.1mg (7.35%), Calcium: 69.33mg (6.93%), Folate: 23.51µg (5.88%), Fiber: 1.41g (5.65%), Vitamin C: 3.76mg (4.56%), Vitamin D: 0.26µg (1.76%)