



Slow-Cooked Beef Pot Roast



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



12

CALORIES



113 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.8 ounce brown gravy mix with onions
- ☐ 1 teaspoon cornstarch
- ☐ 3 pound eye-of-round roast trimmed
- ☐ 0.5 teaspoon pepper
- ☐ 1.3 cups water divided

Equipment

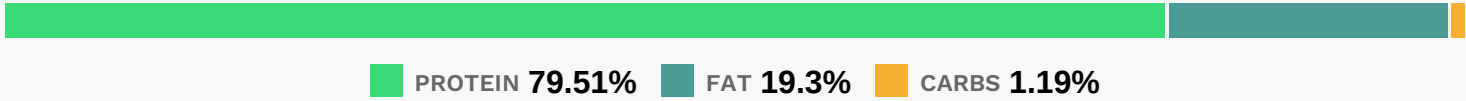
- ☐ frying pan
- ☐ microwave

☐ slow cooker

Directions

- ☐ Coat a large nonstick skillet with cooking spray; place over medium-high heat.
- ☐ Sprinkle roast on all sides with pepper.
- ☐ Add roast to skillet, and cook until browned on all sides; place in a 3 1/2- to 4-quart electric slow cooker coated with cooking spray.
- ☐ Combine 1 cup water and gravy mix; pour gravy over roast. Cover and cook on low-heat setting for 8 to 10 hours or on high-heat setting for 4 to 5 hours.
- ☐ Remove roast from sauce; cover roast, and keep warm.
- ☐ Combine remaining 1/4 cup water and cornstarch, stirring until smooth. Slowly stir cornstarch mixture into gravy in slow cooker.
- ☐ Pour mixture into a 1-quart microwave-safe glass measure, stirring until blended. Microwave at HIGH 2 minutes or until thickened, stirring after 1 minute.
- ☐ Serve roast with gravy.

Nutrition Facts



Properties

Glycemic Index:2.67, Glycemic Load:0.01, Inflammation Score:-2, Nutrition Score:12.344782556691%

Nutrients (% of daily need)

Calories: 112.77kcal (5.64%), Fat: 2.42g (3.72%), Saturated Fat: 0.94g (5.88%), Carbohydrates: 0.33g (0.11%), Net Carbohydrates: 0.31g (0.11%), Sugar: 0.06g (0.07%), Cholesterol: 0mg (0%), Sodium: 60.59mg (2.63%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 22.39g (44.79%), Vitamin B6: 1.01mg (50.64%), Vitamin B3: 7.52mg (37.6%), Vitamin B12: 2.01µg (33.45%), Zinc: 4.72mg (31.47%), Selenium: 17.93µg (25.61%), Phosphorus: 243.96mg (24.4%), Vitamin B2: 0.31mg (18.02%), Iron: 2.58mg (14.35%), Vitamin B1: 0.18mg (12.03%), Potassium: 417.28mg (11.92%), Copper: 0.17mg (8.42%), Vitamin B5: 0.72mg (7.16%), Magnesium: 27.61mg (6.9%), Manganese: 0.02mg (1.16%)