



## Slow-Cooked Pot Roast

 Dairy Free

READY IN



510 min.

SERVINGS



5

CALORIES



314 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 1 pound beef chuck boneless trimmed cut into large pieces well
- 1 cup carrots sliced
- 1 tablespoon flour all-purpose
- 2 teaspoons garlic minced
- 0.5 teaspoon granulated sugar
- 0.5 teaspoon pepper black
- 0.5 cup beef broth
- 0.5 cup onion chopped

- 2 medium potatoes – remove skin cut into 2-inch pieces
- 14.5 ounce stewed tomatoes undrained canned
- 5 tablespoons tomato paste no salt added
- 1 tablespoon vegetable oil pure wesson®
- 2 tablespoons worcestershire sauce

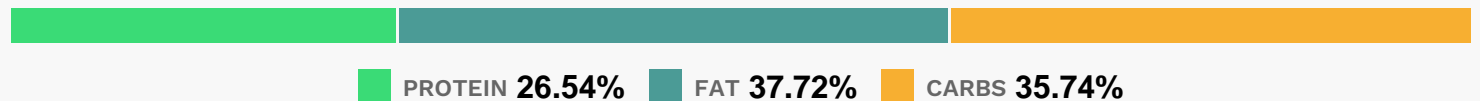
## Equipment

- bowl
- frying pan
- slow cooker

## Directions

- Spray inside of 4-quart slow cooker with cooking spray; set aside.
- Heat oil in large nonstick skillet over medium-high heat.
- Combine flour and pepper in shallow dish; coat meat with mixture.
- Place meat in skillet and brown all sides; transfer to slow cooker.
- Add potatoes, carrots, onion and garlic.
- Stir together broth, Worcestershire sauce, undrained tomatoes, tomato paste and sugar in medium bowl.
- Pour over meat and vegetables.
- Cook on LOW 8 hours or HIGH 4 hours.

## Nutrition Facts



## Properties

Glycemic Index:65.18, Glycemic Load:3.45, Inflammation Score:-10, Nutrition Score:23.643478046293%

## Flavonoids

Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 0.8mg, Isorhamnetin: 0.8mg, Isorhamnetin: 0.8mg, Isorhamnetin: 0.8mg Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 3.88mg, Quercetin: 3.88mg, Quercetin: 3.88mg, Quercetin: 3.88mg

## **Nutrients (% of daily need)**

Calories: 314.4kcal (15.72%), Fat: 13.59g (20.91%), Saturated Fat: 5.08g (31.73%), Carbohydrates: 28.98g (9.66%), Net Carbohydrates: 24.95g (9.07%), Sugar: 8.93g (9.92%), Cholesterol: 62.6mg (20.87%), Sodium: 547.89mg (23.82%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 21.52g (43.03%), Vitamin A: 4686.79IU (93.74%), Zinc: 7.47mg (49.81%), Vitamin B12: 2.48µg (41.28%), Potassium: 1238.03mg (35.37%), Vitamin B3: 6.4mg (31.99%), Vitamin B6: 0.61mg (30.57%), Selenium: 21.29µg (30.41%), Phosphorus: 274.6mg (27.46%), Iron: 4.66mg (25.89%), Vitamin C: 21.28mg (25.79%), Copper: 0.36mg (17.99%), Manganese: 0.34mg (16.95%), Fiber: 4.03g (16.13%), Vitamin K: 16.49µg (15.71%), Magnesium: 59.09mg (14.77%), Vitamin B1: 0.22mg (14.65%), Vitamin B2: 0.25mg (14.61%), Vitamin E: 1.96mg (13.04%), Vitamin B5: 1.02mg (10.17%), Folate: 35.35µg (8.84%), Calcium: 80.35mg (8.03%)