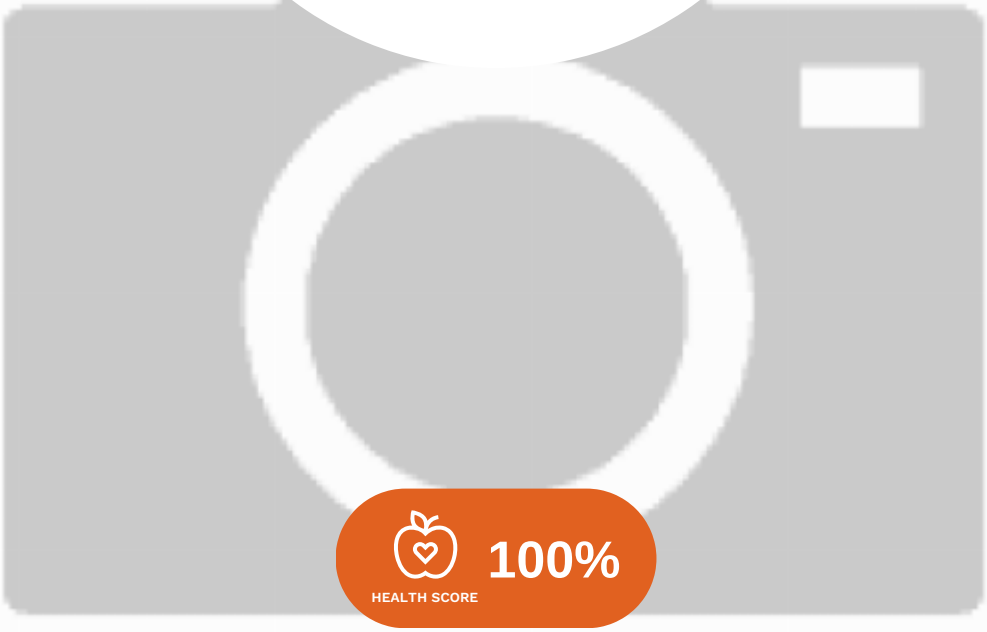

100%
HEALTH SCORE

Slow Cooker Apple Cider Pot Roast

Dairy Free Very Healthy

READY IN	SERVINGS	CALORIES
500 min.	4	1021 kcal

LUNCH | MAIN COURSE | MAIN DISH | DINNER

Ingredients

- [ ] 8 cups apple cider
- [ ] 3 pound bottom round roast
- [ ] 1 tablespoon brown gravy mix dry
- [ ] 1 tablespoon brown sugar
- [ ] 6 carrots cut in half
- [ ] 0.3 cup quick-mixing flour wondra® (such as)
- [ ] 0.5 teaspoon ground cinnamon
- [ ] 0.5 teaspoon ground cloves

- [ ] 0.5 teaspoon ground ginger
- [ ] 0.5 teaspoon ground pepper black
- [ ] 4 servings salt and ground pepper black to taste
- [ ] 6 potatoes peeled quartered

Equipment

- [ ] bowl
- [ ] sauce pan
- [ ] whisk
- [ ] ziploc bags
- [ ] slow cooker

Directions

- [ ] Whisk apple cider, brown sugar, ground cloves, whole cloves, pepper, ginger, and cinnamon together in a bowl; pour into a resealable plastic bag.
- [ ] Add the roast, coat with the marinade, squeeze out excess air, and seal the bag. Marinate in the refrigerator for 24 to 48 hours.
- [ ] Stir carrots, potatoes, marinade, and beef together in a slow cooker.
- [ ] Cook roast in the slow cooker set to Low until meat is cooked through and tender, 8 hours.
- [ ] Transfer 3 cups of the cider broth from the slow cooker to a saucepan.
- [ ] Whisk quick-mixing flour into cider broth; simmer until gravy thickens, about 5 minutes. Stir brown gravy mix, salt, and pepper into cider gravy.
- [ ] Set roast, carrots, and potatoes on a serving platter; pour cider gravy over the top.

Nutrition Facts

PROTEIN **33.3%** FAT **16.18%** CARBS **50.52%**

Properties

Glycemic Index:78.83, Glycemic Load:69.47, Inflammation Score:-10, Nutrition Score:59.044782555622%

Flavonoids

Cyanidin: 0.09mg, Cyanidin: 0.09mg, Cyanidin: 0.09mg, Cyanidin: 0.09mg Catechin: 5.9mg, Catechin: 5.9mg, Catechin: 5.9mg, Catechin: 5.9mg Epicatechin: 22.23mg, Epicatechin: 22.23mg, Epicatechin: 22.23mg, Epicatechin: 22.23mg Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg Kaempferol: 2.78mg, Kaempferol: 2.78mg, Kaempferol: 2.78mg, Kaempferol: 2.78mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 5.17mg, Quercetin: 5.17mg, Quercetin: 5.17mg, Quercetin: 5.17mg

Nutrients (% of daily need)

Calories: 1021.33kcal (51.07%), Fat: 18.19g (27.99%), Saturated Fat: 6.03g (37.69%), Carbohydrates: 127.84g (42.61%), Net Carbohydrates: 116.75g (42.46%), Sugar: 55.31g (61.46%), Cholesterol: 210.92mg (70.31%), Sodium: 314.21mg (13.66%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 84.26g (168.52%), Vitamin A: 15300.23IU (306%), Vitamin B6: 3.38mg (169.19%), Selenium: 98.62µg (140.89%), Vitamin B3: 28.1mg (140.49%), Vitamin B12: 6.29µg (104.89%), Zinc: 15.47mg (103.15%), Phosphorus: 988.55mg (98.85%), Potassium: 3298.61mg (94.25%), Vitamin C: 72.6mg (88%), Manganese: 1.39mg (69.68%), Iron: 10.86mg (60.33%), Vitamin B1: 0.79mg (52.92%), Magnesium: 193.63mg (48.41%), Vitamin B2: 0.82mg (48.24%), Fiber: 11.09g (44.35%), Copper: 0.8mg (39.83%), Folate: 127.23µg (31.81%), Vitamin B5: 2.96mg (29.56%), Vitamin K: 23.26µg (22.15%), Calcium: 180.51mg (18.05%), Vitamin E: 1.74mg (11.6%)