



Slow Cooker Au Jus Pot Roast



Gluten Free



Dairy Free



Popular



Low Fod Map

READY IN



515 min.

SERVINGS



8

CALORIES



450 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 cube beef bouillon from cube
- ☐ 4 pound beef chuck boneless
- ☐ 8 ounce tomato sauce canned
- ☐ 2 tablespoons olive oil
- ☐ 1 teaspoon oregano dried to taste
- ☐ 1 tablespoon steak seasoning montreal-style
- ☐ 1 cup strong coffee decoction black hot
- ☐ 2 teaspoons worcestershire sauce to taste

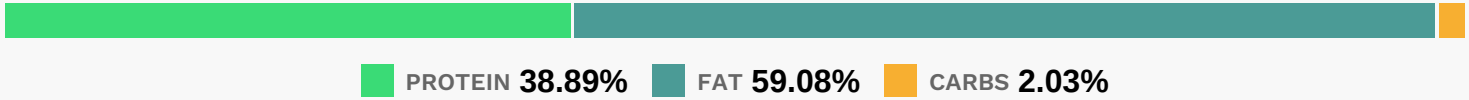
Equipment

- ☐ frying pan
- ☐ slow cooker

Directions

- ☐ Rub chuck roast with 1 tablespoon Worcestershire sauce and sprinkle on all sides with steak seasoning.
- ☐ Heat olive oil in a large skillet over medium-high heat. Sear the roast in the hot oil until browned, about 5 minutes per side.
- ☐ Transfer roast to a slow cooker.
- ☐ Dissolve beef bouillon cube in the coffee and pour the mixture over the roast.
- ☐ Pour tomato sauce over meat and season with oregano; drizzle meat with 2 teaspoons Worcestershire sauce.
- ☐ Set cooker to Low and cook until meat is tender, 8 to 10 hours.

Nutrition Facts



Properties

Glycemic Index:6.25, Glycemic Load:0.49, Inflammation Score:-5, Nutrition Score:25.052173894385%

Flavonoids

Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg
Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Myricetin: 0.01mg, Myricetin:
0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin:
0.01mg

Nutrients (% of daily need)

Calories: 449.66kcal (22.48%), Fat: 29.68g (45.66%), Saturated Fat: 11.95g (74.69%), Carbohydrates: 2.29g (0.76%), Net Carbohydrates: 1.71g (0.62%), Sugar: 1.18g (1.32%), Cholesterol: 156.49mg (52.16%), Sodium: 340.3mg (14.8%), Alcohol: Og (100%), Alcohol %: 0% (100%), Caffeine: 11.85mg (3.95%), Protein: 43.95g (87.9%), Zinc: 17.15mg (114.32%), Vitamin B12: 6.19µg (103.2%), Selenium: 46.95µg (67.07%), Vitamin B3: 10.19mg (50.93%), Vitamin B6: 0.91mg (45.3%), Phosphorus: 439.38mg (43.94%), Iron: 5.36mg (29.78%), Potassium: 870.55mg (24.87%), Vitamin

B2: 0.37mg (22.01%), Vitamin B5: 1.56mg (15.58%), Magnesium: 50.23mg (12.56%), Vitamin K: 11.93µg (11.36%),
Vitamin B1: 0.16mg (10.9%), Vitamin E: 1.4mg (9.33%), Copper: 0.18mg (9.02%), Calcium: 53.76mg (5.38%),
Manganese: 0.11mg (5.33%), Vitamin A: 170.83IU (3.42%), Folate: 11.36µg (2.84%), Vitamin C: 2.25mg (2.72%), Fiber:
0.59g (2.35%), Vitamin D: 0.23µg (1.51%)