



Slow-Cooker Bavarian Beef Roast with Gravy

 Dairy Free

READY IN



615 min.

SERVINGS



8

CALORIES



290 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.5 cup apple juice
- 0.9 oz brown gravy mix
- 1 tablespoon chives chopped
- 3 tablespoons flour all-purpose
- 1 tablespoon horseradish
- 3 tablespoons dijon mustard stone-ground
- 3 lb tri-tip beef roast boneless trimmed of fat
- 0.5 cup water

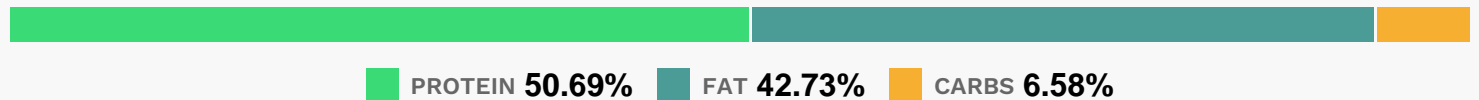
Equipment

- bowl
- sauce pan
- slow cooker

Directions

- In 3 1/2- to 4-quart slow cooker, place beef roast. In small bowl, mix mustard, horseradish sauce and gravy mix.
- Spread mixture over roast.
- Pour beer around edge of roast, not on top of roast.
- Cover; cook on Low setting 9 to 10 hours.
- Remove roast from slow cooker; place on serving platter and cover to keep warm. In 2-quart saucepan, blend water and flour until smooth.
- Pour cooking juices from slow cooker into saucepan.
- Heat to boiling over medium-high heat, stirring constantly. Stir in chives.
- Cut roast into slices; serve with gravy.

Nutrition Facts



Properties

Glycemic Index:28.47, Glycemic Load:2.33, Inflammation Score:-2, Nutrition Score:16.076086833425%

Flavonoids

Catechin: 0.19mg, Catechin: 0.19mg, Catechin: 0.19mg, Catechin: 0.19mg Epicatechin: 0.73mg, Epicatechin: 0.73mg, Epicatechin: 0.73mg, Epicatechin: 0.73mg Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg

Nutrients (% of daily need)

Calories: 290.16kcal (14.51%), Fat: 13.37g (20.57%), Saturated Fat: 4.82g (30.15%), Carbohydrates: 4.63g (1.54%), Net Carbohydrates: 4.21g (1.53%), Sugar: 1.84g (2.04%), Cholesterol: 110.56mg (36.85%), Sodium: 178.56mg (7.76%),

Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 35.69g (71.38%), Selenium: 43.93µg (62.76%), Vitamin B6: 0.98mg (48.97%), Vitamin B3: 9.6mg (48.01%), Zinc: 6.1mg (40.66%), Phosphorus: 340.98mg (34.1%), Vitamin B12: 1.67µg (27.78%), Potassium: 578.84mg (16.54%), Iron: 2.82mg (15.67%), Vitamin B2: 0.21mg (12.45%), Vitamin B1: 0.16mg (10.82%), Vitamin B5: 1.03mg (10.35%), Magnesium: 40.63mg (10.16%), Copper: 0.14mg (6.91%), Folate: 25.71µg (6.43%), Calcium: 47.87mg (4.79%), Manganese: 0.07mg (3.74%), Vitamin E: 0.55mg (3.67%), Vitamin K: 2.96µg (2.82%), Fiber: 0.42g (1.68%), Vitamin C: 0.85mg (1.03%)