



## Slow-Cooker Beef Pot Roast



Gluten Free



Dairy Free



Very Healthy

READY IN



431 min.

SERVINGS



6

CALORIES



241 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- ☐ 8 ounce prechopped bell pepper refrigerated green
- ☐ 0.5 teaspoon pepper black
- ☐ 0.3 cup catsup
- ☐ 8 ounce pre mushrooms
- ☐ 2 pounds shoulder pot roast boneless
- ☐ 0.3 teaspoon salt
- ☐ 0.3 cup water
- ☐ 1 tablespoon worcestershire sauce

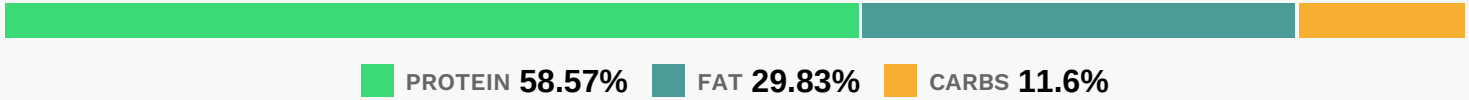
# Equipment

- ☐ bowl
- ☐ frying pan
- ☐ slow cooker

# Directions

- ☐ Place mushrooms and bell pepper in a 3 1/2- to 4-quart electric slow cooker coated with cooking spray.
- ☐ Combine ketchup and next 4 ingredients in a small bowl, stirring until blended.
- ☐ Heat a large nonstick skillet over medium-high heat. Coat pan and roast with cooking spray. Cook 3 minutes on each side or until browned.
- ☐ Place roast over vegetables in cooker; pour ketchup mixture over roast. Cover and cook on HIGH for 1 hour. Reduce heat to LOW; cook 6 to 7 hours or until roast is very tender.
- ☐ Serve vegetables and sauce over roast.

# Nutrition Facts



# Properties

Glycemic Index:16, Glycemic Load:0.77, Inflammation Score:-8, Nutrition Score:23.65913039705%

# Flavonoids

Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.17mg, Quercetin: 0.17mg, Quercetin: 0.17mg, Quercetin: 0.17mg

# Nutrients (% of daily need)

Calories: 241.01kcal (12.05%), Fat: 7.89g (12.14%), Saturated Fat: 2.88g (18%), Carbohydrates: 6.9g (2.3%), Net Carbohydrates: 5.66g (2.06%), Sugar: 4.75g (5.28%), Cholesterol: 98.28mg (32.76%), Sodium: 340.24mg (14.79%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 34.87g (69.73%), Vitamin C: 49.96mg (60.55%), Selenium: 40.69µg (58.13%), Zinc: 8.6mg (57.35%), Vitamin B12: 3.21µg (53.42%), Vitamin B3: 9.79mg (48.97%), Vitamin B6: 0.9mg (45.25%), Phosphorus: 350.81mg (35.08%), Vitamin B2: 0.46mg (26.98%), Vitamin A: 1237.95IU (24.76%), Potassium: 754.94mg (21.57%), Iron: 3.61mg (20.04%), Vitamin B5: 1.68mg (16.82%), Copper: 0.28mg (14.11%),

Vitamin B1: 0.17mg (11.38%), Magnesium: 44.77mg (11.19%), Folate: 44.62µg (11.16%), Vitamin E: 1.19mg (7.93%),  
Manganese: 0.11mg (5.71%), Fiber: 1.24g (4.98%), Vitamin K: 4.27µg (4.06%), Calcium: 32.09mg (3.21%), Vitamin D:  
0.23µg (1.51%)