



Slow Cooker Beef Pot Roast with Gremolata



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



10

CALORIES



462 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 pounds baking potatoes peeled cut into 1-inch pieces
- ☐ 2 bay leaves
- ☐ 1 teaspoon pepper black freshly ground
- ☐ 3 large carrots peeled cut into 1-inch pieces
- ☐ 0.3 teaspoon pepper red crushed
- ☐ 0.8 cup wine dry red
- ☐ 2 tablespoons parsley fresh chopped
- ☐ 1 teaspoon thyme sprigs fresh chopped

- ☐ 1 garlic clove minced
- ☐ 4 garlic clove crushed
- ☐ 0.5 teaspoon lemon zest grated
- ☐ 1 cup less-sodium beef broth fat-free
- ☐ 1 teaspoon olive oil
- ☐ 2 cups onion chopped (1 large)
- ☐ 2.5 pound prime rib roast boneless trimmed
- ☐ 1.5 teaspoons salt
- ☐ 0.3 cup sun-dried olives drained chopped
- ☐ 4 thyme sprigs

Equipment

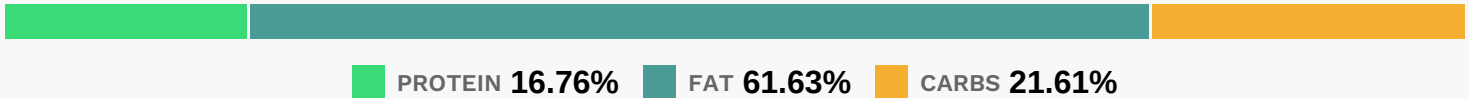
- ☐ bowl
- ☐ frying pan
- ☐ pot
- ☐ slow cooker

Directions

- ☐ To prepare pot roast, sprinkle roast evenly with salt and black pepper.
- ☐ Heat oil in a large nonstick skillet over medium-high heat. Coat pan with cooking spray.
- ☐ Add roast to pan; cook 5 minutes, turning to brown on all sides.
- ☐ Transfer roast to an electric slow cooker. Recoat pan with cooking spray.
- ☐ Add onion to pan; saut 8 minutes or until tender.
- ☐ Add broth and next 6 ingredients (through bay leaves) to pan; bring to a simmer.
- ☐ Add broth mixture to slow cooker. Arrange carrots and potatoes around roast in slow cooker. Cover and cook on HIGH 2 hours. Reduce heat to low; cook 4 hours.
- ☐ Remove bay leaves and thyme sprigs from slow cooker; discard.
- ☐ Remove roast from slow cooker; shred with 2 forks.
- ☐ To prepare gremolata, combine parsley and remaining ingredients in a small bowl, stirring well.

- ☐
- Serve with roast and vegetable mixture.
- ☐
- Wine note: Slow-cooked pot roast has a tender meatiness that's simple but luscious, especially when the roast's flavors are entwined with the earthiness of long-simmered root vegetables. Wines that work well with a dish like this are also soft, earthy, and (usually) red. One of my favorites is a supple zinfandel such as Bogle's Old Vine Zinfandel from California (\$11). --Karen MacNeil

Nutrition Facts



Properties

Glycemic Index:40.26, Glycemic Load:14.8, Inflammation Score:-10, Nutrition Score:18.572173673174%

Flavonoids

Petunidin: 0.6mg, Petunidin: 0.6mg, Petunidin: 0.6mg, Petunidin: 0.6mg Delphinidin: 0.75mg, Delphinidin: 0.75mg, Delphinidin: 0.75mg, Delphinidin: 0.75mg Malvidin: 4.72mg, Malvidin: 4.72mg, Malvidin: 4.72mg, Malvidin: 4.72mg Peonidin: 0.33mg, Peonidin: 0.33mg, Peonidin: 0.33mg, Peonidin: 0.33mg Catechin: 1.39mg, Catechin: 1.39mg, Catechin: 1.39mg, Catechin: 1.39mg Epicatechin: 1.92mg, Epicatechin: 1.92mg, Epicatechin: 1.92mg, Epicatechin: 1.92mg Apigenin: 1.74mg, Apigenin: 1.74mg, Apigenin: 1.74mg, Apigenin: 1.74mg Luteolin: 0.32mg, Luteolin: 0.32mg, Luteolin: 0.32mg, Luteolin: 0.32mg Isorhamnetin: 1.61mg, Isorhamnetin: 1.61mg, Isorhamnetin: 1.61mg, Isorhamnetin: 1.61mg Kaempferol: 0.28mg, Kaempferol: 0.28mg, Kaempferol: 0.28mg, Kaempferol: 0.28mg Myricetin: 0.21mg, Myricetin: 0.21mg, Myricetin: 0.21mg, Myricetin: 0.21mg Quercetin: 6.67mg, Quercetin: 6.67mg, Quercetin: 6.67mg, Quercetin: 6.67mg

Nutrients (% of daily need)

Calories: 462.43kcal (23.12%), Fat: 30.84g (47.44%), Saturated Fat: 12.71g (79.46%), Carbohydrates: 24.33g (8.11%), Net Carbohydrates: 21.44g (7.8%), Sugar: 4.01g (4.45%), Cholesterol: 68.58mg (22.86%), Sodium: 468.6mg (20.37%), Alcohol: 1.89g (100%), Alcohol %: 0.83% (100%), Protein: 18.86g (37.72%), Vitamin A: 3747.32IU (74.95%), Vitamin B12: 2.63µg (43.82%), Vitamin B6: 0.71mg (35.46%), Selenium: 20.65µg (29.5%), Zinc: 3.9mg (25.98%), Potassium: 905.06mg (25.86%), Phosphorus: 225.21mg (22.52%), Vitamin B3: 4.1mg (20.49%), Vitamin K: 19.56µg (18.63%), Manganese: 0.34mg (17.07%), Iron: 3mg (16.69%), Vitamin C: 12.52mg (15.18%), Vitamin B1: 0.2mg (13.23%), Magnesium: 49.43mg (12.36%), Fiber: 2.89g (11.57%), Vitamin B2: 0.19mg (11.45%), Copper: 0.22mg (11.08%), Folate: 31.15µg (7.79%), Vitamin B5: 0.73mg (7.33%), Calcium: 45.7mg (4.57%), Vitamin E: 0.24mg (1.63%)