



 **65%**
HEALTH SCORE

Slow-Cooker Beef Roast and Vegetables with Horseradish Gravy

 **Gluten Free**  **Dairy Free**  **Very Healthy**

READY IN



565 min.

SERVINGS



6

CALORIES



439 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 3 lb tri-tip beef roast boneless trimmed of fat
- 1 garlic clove
- 3 tablespoons horseradish
- 0.9 oz brown gravy mix
- 3 medium carrots cut in half lengthwise and into 2-inch pieces
- 1 lb potatoes - remove skin red scrubbed quartered
- 1 medium stalk celery cut in half lengthwise and into 2-inch pieces

- 0.5 cup water
- 0.5 teaspoon salt
- 1 Dash pepper black
- 2 tablespoons cornstarch
- 3 tablespoons water

Equipment

- bowl
- sauce pan
- knife
- slow cooker

Directions

- With tip of knife, make cuts in top of beef roast; insert garlic slivers.
- Spread beef with 1 tablespoon of the horseradish.
- Sprinkle with 1/2 teaspoon of the gravy mix.
- Place beef in 3 1/2 or 4-quart slow cooker. Arrange carrots around beef. Top with potatoes and celery.
- In small bowl, combine 1/2 cup water, remaining gravy mix, salt and pepper; mix until well blended.
- Pour over vegetables.
- Cover; cook on Low setting for 8 to 9 hours.
- Just before serving, remove beef and vegetables from slow cooker; place on serving platter and cover to keep warm. In medium saucepan, combine cornstarch, 3 tablespoons water and remaining 2 tablespoons horseradish; blend well.
- Pour juices from slow cooker into cornstarch mixture; mix well. Bring to a boil over medium-high heat, stirring constantly.
- Cut beef into slices.
- Serve beef with vegetables and gravy.

Nutrition Facts

PROTEIN 45.31% FAT 37.13% CARBS 17.56%

Properties

Glycemic Index:29.31, Glycemic Load:1.26, Inflammation Score:-10, Nutrition Score:29.430000056391%

Flavonoids

Apigenin: 0.19mg, Apigenin: 0.19mg, Apigenin: 0.19mg, Apigenin: 0.19mg Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.59mg, Quercetin: 0.59mg, Quercetin: 0.59mg, Quercetin: 0.59mg

Nutrients (% of daily need)

Calories: 438.7kcal (21.94%), Fat: 17.73g (27.28%), Saturated Fat: 6.45g (40.29%), Carbohydrates: 18.88g (6.29%), Net Carbohydrates: 16.34g (5.94%), Sugar: 3.25g (3.62%), Cholesterol: 147.42mg (49.14%), Sodium: 410.15mg (17.83%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 48.7g (97.4%), Vitamin A: 5130.84IU (102.62%), Selenium: 55.45µg (79.21%), Vitamin B6: 1.48mg (74%), Vitamin B3: 13.73mg (68.66%), Zinc: 8.43mg (56.22%), Phosphorus: 501.84mg (50.18%), Vitamin B12: 2.22µg (37.04%), Potassium: 1207.72mg (34.51%), Iron: 4.14mg (22.98%), Magnesium: 71.19mg (17.8%), Vitamin B2: 0.3mg (17.72%), Vitamin B1: 0.25mg (16.81%), Vitamin B5: 1.65mg (16.48%), Copper: 0.29mg (14.74%), Vitamin C: 10.53mg (12.77%), Folate: 51.04µg (12.76%), Vitamin K: 11.03µg (10.5%), Fiber: 2.53g (10.13%), Manganese: 0.2mg (10.08%), Calcium: 80.89mg (8.09%), Vitamin E: 0.93mg (6.21%)