



Slow-Cooker Beef Roast with Bacon-Chili Gravy

 Dairy Free

READY IN



735 min.

SERVINGS



8

CALORIES



373 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 4 slices bacon cut into 1/2-inch pieces
- 3 pound beef chuck boneless
- 0.5 teaspoon garlic
- 2 medium carrots coarsely chopped
- 4 oz chilis green chopped canned
- 0.3 cup beef broth flavored (from 32-oz container)
- 0.3 cup chili sauce

1 tablespoon flour all-purpose

Equipment

bowl

frying pan

paper towels

slotted spoon

slow cooker

Directions

Cook bacon in 12-inch nonstick skillet over medium heat, stirring occasionally, until brown and crisp; remove from skillet with slotted spoon and drain on paper towels. Reserve bacon fat in skillet.

If beef roast comes in netting or is tied, do not remove.

Sprinkle beef with garlic pepper. Cook beef in bacon fat in skillet over medium heat 5 to 6 minutes, turning occasionally, until brown on both sides.

Spray 4- to 5-quart slow cooker with cooking spray.

Place beef in cooker. Top with bacon and carrots.

Mix green chiles, broth, chili sauce and flour in small bowl; pour over mixture in cooker.

Cover and cook on Low heat setting 10 to 12 hours.

Place beef on platter; remove netting or strings. Stir gravy in cooker; serve with beef.

Nutrition Facts



Properties

Glycemic Index:18.98, Glycemic Load:1.02, Inflammation Score:-9, Nutrition Score:22.446956712267%

Flavonoids

Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin:

0.01mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 373.34kcal (18.67%), Fat: 24.02g (36.95%), Saturated Fat: 10.06g (62.88%), Carbohydrates: 4.72g (1.57%), Net Carbohydrates: 3.82g (1.39%), Sugar: 1.86g (2.07%), Cholesterol: 124.63mg (41.54%), Sodium: 419.66mg (18.25%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 34.66g (69.33%), Zinc: 12.99mg (86.62%), Vitamin B12: 4.7µg (78.4%), Selenium: 37.8µg (54%), Vitamin A: 2649.74IU (52.99%), Vitamin B3: 8.29mg (41.44%), Vitamin B6: 0.74mg (36.8%), Phosphorus: 350.93mg (35.09%), Iron: 3.95mg (21.92%), Potassium: 688.69mg (19.68%), Vitamin B2: 0.28mg (16.53%), Vitamin B5: 1.17mg (11.66%), Vitamin B1: 0.17mg (11.31%), Magnesium: 37.46mg (9.37%), Vitamin C: 7.17mg (8.69%), Copper: 0.13mg (6.41%), Vitamin K: 5.01µg (4.78%), Folate: 18.29µg (4.57%), Vitamin E: 0.64mg (4.24%), Calcium: 42.24mg (4.22%), Fiber: 0.9g (3.61%), Manganese: 0.05mg (2.52%), Vitamin D: 0.21µg (1.43%)