



Slow-Cooker Cajun Pot Roast with Maque Choux

 Gluten Free  Dairy Free

READY IN



490 min.

SERVINGS



6

CALORIES



347 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 lb beef chuck boneless
- 3 teaspoons cajun spice
- 9 oz corn frozen thawed
- 0.5 cup onion chopped
- 0.5 cup bell pepper green chopped
- 14.5 oz canned tomatoes diced organic undrained canned
- 0.1 teaspoon pepper

- 0.5 teaspoon hot sauce red
- 1 frangelico reynolds®



Equipment

- bowl
- slotted spoon
- slow cooker
- cutting board

Directions

- Place Slow Cooker Liner inside 5- to 6 1/2-quart slow cooker, making sure liner fits snugly against bottom and side of bowl, and pulling top of liner over rim of bowl.
- Rub entire surface of beef with Cajun seasoning; place in slow cooker. Top with corn, onion and bell pepper.
- In small bowl, mix tomatoes, pepper and pepper sauce.
- Pour over vegetables and beef.
- Cover; cook on Low heat setting 8 to 10 hours.
- Remove beef from slow cooker to cutting board; cut into thin slices. Using slotted spoon, remove corn mixture and serve with beef.

Nutrition Facts

 **PROTEIN 35.5%**  **FAT 45.16%**  **CARBS 19.34%**

Properties

Glycemic Index:20.33, Glycemic Load:1.75, Inflammation Score:-7, Nutrition Score:23.254347790842%

Flavonoids

Luteolin: 0.59mg, Luteolin: 0.59mg, Luteolin: 0.59mg, Luteolin: 0.59mg Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Quercetin: 2.98mg, Quercetin: 2.98mg, Quercetin: 2.98mg, Quercetin: 2.98mg

Nutrients (% of daily need)

Calories: 346.53kcal (17.33%), Fat: 18.05g (27.76%), Saturated Fat: 7.74g (48.35%), Carbohydrates: 17.38g (5.79%), Net Carbohydrates: 14.09g (5.12%), Sugar: 3.99g (4.43%), Cholesterol: 104.33mg (34.78%), Sodium: 225.44mg (9.8%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 31.92g (63.84%), Zinc: 11.94mg (79.57%), Vitamin B12: 4.13µg (68.79%), Selenium: 32.03µg (45.76%), Vitamin B3: 8.27mg (41.33%), Vitamin B6: 0.82mg (41.19%), Phosphorus: 354.28mg (35.43%), Iron: 4.61mg (25.62%), Potassium: 892.76mg (25.51%), Vitamin C: 20.59mg (24.96%), Vitamin B2: 0.31mg (18.35%), Magnesium: 60.48mg (15.12%), Vitamin A: 708.17IU (14.16%), Vitamin B1: 0.21mg (14.11%), Fiber: 3.29g (13.16%), Manganese: 0.26mg (13.07%), Copper: 0.26mg (13.02%), Vitamin B5: 1.3mg (12.98%), Vitamin E: 1.48mg (9.89%), Folate: 34.74µg (8.69%), Vitamin K: 7.75µg (7.38%), Calcium: 57.51mg (5.75%), Vitamin D: 0.15µg (1.01%)