



## Slow-Cooker Caramelized-Onion Pot Roast

 **Gluten Free**  **Dairy Free**

READY IN



625 min.

SERVINGS



12

CALORIES



323 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 4 lb beef chuck boneless
- 1 tablespoon vegetable oil
- 1 teaspoon salt
- 0.5 teaspoon pepper
- 6 medium onion sliced
- 1.5 cups beef broth flavored (from 32-oz carton)
- 0.8 cup beer
- 2 tablespoons brown sugar packed

- 3 tablespoons dijon mustard
- 2 tablespoons apple cider vinegar

## Equipment

- frying pan
- slotted spoon
- slow cooker

## Directions

- Trim excess fat from beef.
- Heat oil in 10-inch skillet over medium-high heat. Cook beef in oil about 10 minutes, turning occasionally, until brown on all sides.
- Sprinkle with salt and pepper.
- Place onions in 3 1/2- to 6-quart slow cooker.
- Place beef on onions.
- Mix remaining ingredients; pour over beef and onions. Cover and cook on low heat setting 8 to 10 hours or until beef is tender.
- Remove beef and onions from cooker, using slotted spoon.
- Cut beef into slices. Skim fat from beef juices in cooker if desired.
- Serve beef with juices. Note: This recipe was tested in slow cookers with heating elements in the side and bottom of the cooker, not in cookers that stand only on a heated base. For slow cookers with just a heated base, follow the manufacturer's directions for layering ingredients and choosing a temperature.

## Nutrition Facts

 **PROTEIN 37.61%**  **FAT 52.54%**  **CARBS 9.85%**

## Properties

Glycemic Index:14.29, Glycemic Load:1.38, Inflammation Score:-4, Nutrition Score:17.846521853105%

## Flavonoids

Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg Kaempferol: 0.48mg, Kaempferol: 0.48mg, Kaempferol: 0.48mg, Kaempferol: 0.48mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 11.17mg, Quercetin: 11.17mg, Quercetin: 11.17mg, Quercetin: 11.17mg Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg

## Nutrients (% of daily need)

Calories: 323.24kcal (16.16%), Fat: 18.74g (28.83%), Saturated Fat: 7.86g (49.14%), Carbohydrates: 7.91g (2.64%), Net Carbohydrates: 6.79g (2.47%), Sugar: 4.34g (4.82%), Cholesterol: 104.33mg (34.78%), Sodium: 472.6mg (20.55%), Alcohol: 0.58g (100%), Alcohol %: 0.28% (100%), Protein: 30.18g (60.37%), Zinc: 11.49mg (76.61%), Vitamin B12: 4.15µg (69.19%), Selenium: 33.03µg (47.18%), Vitamin B3: 6.94mg (34.68%), Vitamin B6: 0.66mg (32.93%), Phosphorus: 312.14mg (31.21%), Iron: 3.4mg (18.91%), Potassium: 613.72mg (17.53%), Vitamin B2: 0.25mg (14.51%), Vitamin B5: 1.02mg (10.23%), Magnesium: 37.97mg (9.49%), Vitamin B1: 0.13mg (8.91%), Manganese: 0.12mg (6.23%), Copper: 0.12mg (5.98%), Vitamin C: 4.09mg (4.95%), Vitamin K: 4.76µg (4.54%), Calcium: 45.43mg (4.54%), Fiber: 1.12g (4.47%), Folate: 16.77µg (4.19%), Vitamin E: 0.41mg (2.7%), Vitamin D: 0.15µg (1.01%)