



Slow Cooker Cranberry Roast

READY IN



495 min.

SERVINGS



6

CALORIES



585 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 3 pound beef chuck
- 2 tablespoons butter
- 1 ounce onion soup mix dry
- 2 tablespoons flour all-purpose
- 16 ounce roasted cranberry sauce canned

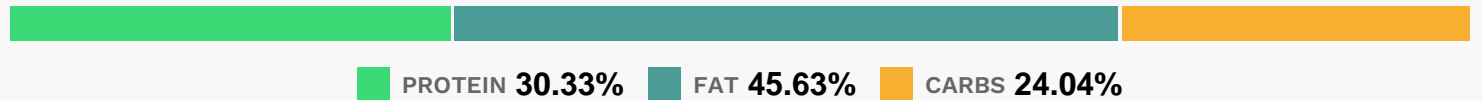
Equipment

- whisk
- slow cooker

Directions

- Place onion soup mix in the bottom of a slow cooker.
- Place roast in the slow cooker, and top with cranberry sauce.
- Cover, and cook 8 hours on Low.
- Remove roast, and set aside. Set slow cooker to High.
- Whisk together butter and flour, and slowly mix into the liquid remaining in the slow cooker to create a thick gravy.
- Serve with the roast.

Nutrition Facts



Properties

Glycemic Index:20.83, Glycemic Load:1.38, Inflammation Score:-3, Nutrition Score:24.755652204804%

Flavonoids

Cyanidin: 0.08mg, Cyanidin: 0.08mg, Cyanidin: 0.08mg, Cyanidin: 0.08mg Delphinidin: 0.02mg, Delphinidin: 0.02mg, Delphinidin: 0.02mg, Delphinidin: 0.02mg Pelargonidin: 0.02mg, Pelargonidin: 0.02mg, Pelargonidin: 0.02mg, Pelargonidin: 0.02mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 2.04mg, Myricetin: 2.04mg, Myricetin: 2.04mg, Myricetin: 2.04mg Quercetin: 1.81mg, Quercetin: 1.81mg, Quercetin: 1.81mg, Quercetin: 1.81mg

Nutrients (% of daily need)

Calories: 584.84kcal (29.24%), Fat: 29.97g (46.12%), Saturated Fat: 13.85g (86.54%), Carbohydrates: 35.53g (11.84%), Net Carbohydrates: 34.32g (12.48%), Sugar: 24.27g (26.97%), Cholesterol: 166.52mg (55.51%), Sodium: 597mg (25.96%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 44.83g (89.66%), Zinc: 17.15mg (114.35%), Vitamin B12: 6.2µg (103.32%), Selenium: 48.15µg (68.79%), Vitamin B3: 10.1mg (50.51%), Vitamin B6: 0.91mg (45.4%), Phosphorus: 445.46mg (44.55%), Iron: 5.2mg (28.91%), Potassium: 811.99mg (23.2%), Vitamin B2: 0.37mg (21.86%), Vitamin B5: 1.45mg (14.49%), Vitamin B1: 0.19mg (12.94%), Magnesium: 48.08mg (12.02%), Copper: 0.18mg (8.91%), Vitamin E: 1.25mg (8.33%), Manganese: 0.12mg (5.83%), Calcium: 49.08mg (4.91%), Fiber: 1.21g (4.84%), Vitamin K: 4.86µg (4.63%), Vitamin A: 178.56IU (3.57%), Folate: 12.27µg (3.07%), Vitamin D: 0.23µg (1.51%), Vitamin C: 0.92mg (1.11%)