



Slow Cooker Eye of Round Roast With Vegetables

 Dairy Free

READY IN



495 min.

SERVINGS



10

CALORIES



290 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 cup beef broth
- ☐ 1.2 ounce beef gravy mix dry
- ☐ 2 carrots cut into 2-inch pieces
- ☐ 2 stalks celery diced
- ☐ 3.5 pound eye of round roast
- ☐ 1 tablespoon flour all-purpose
- ☐ 1 teaspoon garlic powder

- ☐ 1 teaspoon ground pepper black
- ☐ 0.5 cup marsala wine
- ☐ 1 teaspoon onion powder
- ☐ 1 teaspoon oregano dried
- ☐ 1 teaspoon paprika
- ☐ 1 teaspoon salt
- ☐ 2 onions diced sweet
- ☐ 6 yukon gold potatoes peeled quartered

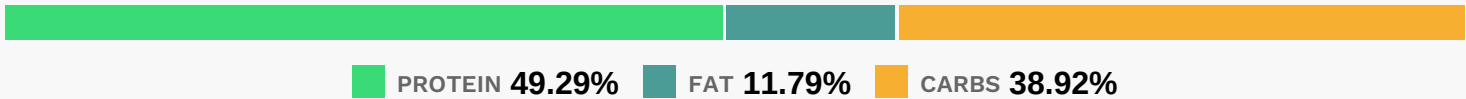
Equipment

- ☐ bowl
- ☐ whisk
- ☐ slow cooker

Directions

- ☐ Mix paprika, oregano, garlic powder, onion powder, salt, and black pepper together in a bowl; rub evenly over roast.
- ☐ Arrange potatoes, carrots, celery, and onions in the bottom of a slow cooker.
- ☐ Place roast atop vegetables.
- ☐ Whisk beef broth, Marsala wine, and gravy mix together in a bowl; pour over roast and vegetables.
- ☐ Cook on Low until meat is fully cooked and vegetables are tender, about 8 hours (or on High for 5 hours).
- ☐ Strain sauce into a bowl and whisk with flour until thickened.
- ☐ Serve on the side of roast and vegetables.

Nutrition Facts



Properties

Glycemic Index:29.46, Glycemic Load:13.92, Inflammation Score:-9, Nutrition Score:27.114782561427%

Flavonoids

Petunidin: 0.8mg, Petunidin: 0.8mg, Petunidin: 0.8mg, Petunidin: 0.8mg Delphinidin: 0.47mg, Delphinidin: 0.47mg, Delphinidin: 0.47mg, Delphinidin: 0.47mg Malvidin: 11.38mg, Malvidin: 11.38mg, Malvidin: 11.38mg, Malvidin: 11.38mg Peonidin: 0.47mg, Peonidin: 0.47mg, Peonidin: 0.47mg, Peonidin: 0.47mg Catechin: 1.18mg, Catechin: 1.18mg, Catechin: 1.18mg, Catechin: 1.18mg Epicatechin: 0.91mg, Epicatechin: 0.91mg, Epicatechin: 0.91mg, Epicatechin: 0.91mg Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg Apigenin: 0.23mg, Apigenin: 0.23mg, Apigenin: 0.23mg, Apigenin: 0.23mg Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg Kaempferol: 1.62mg, Kaempferol: 1.62mg, Kaempferol: 1.62mg, Kaempferol: 1.62mg Myricetin: 0.76mg, Myricetin: 0.76mg, Myricetin: 0.76mg, Myricetin: 0.76mg Quercetin: 10.62mg, Quercetin: 10.62mg, Quercetin: 10.62mg, Quercetin: 10.62mg

Nutrients (% of daily need)

Calories: 289.74kcal (14.49%), Fat: 3.68g (5.67%), Saturated Fat: 1.42g (8.85%), Carbohydrates: 27.37g (9.12%), Net Carbohydrates: 23.78g (8.65%), Sugar: 5.85g (6.5%), Cholesterol: 0.27mg (0.09%), Sodium: 433.56mg (18.85%), Alcohol: 1.84g (100%), Alcohol %: 0.6% (100%), Protein: 34.67g (69.33%), Vitamin B6: 1.84mg (92.17%), Vitamin B3: 12.13mg (60.63%), Zinc: 7.07mg (47.16%), Vitamin B12: 2.83µg (47.11%), Vitamin A: 2179.76IU (43.6%), Phosphorus: 431.67mg (43.17%), Selenium: 26.38µg (37.68%), Potassium: 1190.81mg (34.02%), Vitamin B2: 0.5mg (29.5%), Vitamin C: 24.3mg (29.45%), Iron: 4.89mg (27.17%), Vitamin B1: 0.38mg (25.52%), Copper: 0.4mg (19.95%), Magnesium: 73.29mg (18.32%), Manganese: 0.32mg (15.81%), Vitamin B5: 1.45mg (14.45%), Fiber: 3.59g (14.37%), Folate: 39.47µg (9.87%), Vitamin K: 7.83µg (7.46%), Calcium: 47.26mg (4.73%), Vitamin E: 0.23mg (1.5%)