



Slow-Cooker Garlic and Mushroom Beef Roast

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

READY IN



550 min.

SERVINGS



6

CALORIES



432 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 3 lb tri-tip beef roast boneless
- 1 teaspoon salt
- 2 cloves garlic finely chopped
- 8 oz mushrooms fresh whole
- 0.5 cup sun-dried tomatoes drained chopped in oil
- 0.5 cup salad dressing italian reduced-fat

Equipment

- frying pan

- slow cooker
- cutting board

Directions

- Spray 12-inch nonstick skillet with cooking spray. If beef roast comes in netting or is tied, do not remove.
- Sprinkle beef with salt and garlic.
- Place beef in skillet; cook over medium-high heat 5 to 6 minutes, turning occasionally, until brown on all sides.
- Spray 4- to 5-quart slow cooker with cooking spray.
- Place mushrooms in cooker.
- Place beef on mushrooms.
- Spread tomatoes over beef.
- Pour dressing over mixture in cooker.
- Cover; cook on Low heat setting 9 to 11 hours.
- Remove beef from cooker; place on cutting board.
- Remove netting or strings; slice beef.
- Serve mushrooms and juices with beef.

Nutrition Facts

 **PROTEIN 45.69%**  **FAT 48.61%**  **CARBS 5.7%**

Properties

Glycemic Index:10.33, Glycemic Load:0.37, Inflammation Score:-4, Nutrition Score:24.762173870335%

Flavonoids

Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 432.4kcal (21.62%), Fat: 22.97g (35.34%), Saturated Fat: 7.17g (44.82%), Carbohydrates: 6.07g (2.02%), Net Carbohydrates: 5.14g (1.87%), Sugar: 2.87g (3.19%), Cholesterol: 147.42mg (49.14%), Sodium: 728.69mg

(31.68%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 48.59g (97.17%), Selenium: 58.98µg (84.26%), Vitamin B3: 14.24mg (71.2%), Vitamin B6: 1.39mg (69.31%), Zinc: 8.32mg (55.49%), Phosphorus: 489.7mg (48.97%), Vitamin B12: 2.24µg (37.3%), Potassium: 1012.22mg (28.92%), Vitamin B2: 0.44mg (26.01%), Iron: 3.93mg (21.84%), Vitamin B5: 1.94mg (19.42%), Copper: 0.34mg (16.81%), Magnesium: 59.69mg (14.92%), Vitamin B1: 0.22mg (14.8%), Vitamin K: 13.71µg (13.05%), Vitamin C: 10.52mg (12.75%), Folate: 33.51µg (8.38%), Vitamin E: 1.14mg (7.58%), Calcium: 64.47mg (6.45%), Manganese: 0.11mg (5.35%), Fiber: 0.93g (3.72%), Vitamin A: 125.02IU (2.5%)