



Slow-Cooker Ginger Beef Roast



Gluten Free



Dairy Free



Low Fod Map

READY IN



575 min.

SERVINGS



8

CALORIES



354 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 3 pound beef chuck boneless
- ☐ 1 teaspoon lawry's seasoned salt
- ☐ 0.8 cup sauce classic-style
- ☐ 2 tablespoons catsup
- ☐ 2 tablespoons rice vinegar
- ☐ 2 teaspoons ground ginger grated
- ☐ 1 pound bell pepper frozen thawed

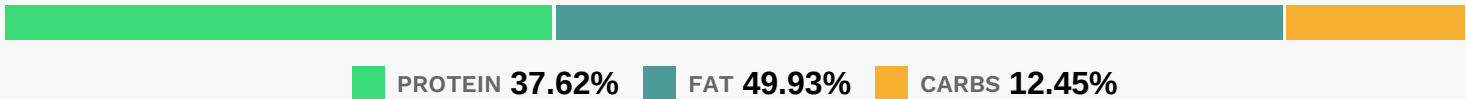
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ slow cooker

Directions

- ☐ Spray 12-inch nonstick skillet with cooking spray. If beef roast comes in netting or is tied, do not remove.
- ☐ Sprinkle beef with peppered seasoned salt. Cook beef in skillet over medium-high heat 5 to 6 minutes, turning once, until brown on both sides.
- ☐ Spray 5- to 6-quart slow cooker with cooking spray.
- ☐ Place beef in cooker (if necessary, cut beef in half to fit in cooker).
- ☐ Mix stir-fry sauce, ketchup, vinegar and gingerroot in small bowl; pour over beef.
- ☐ Cover and cook on Low heat setting 8 to 9 hours.
- ☐ Place beef on platter; cover to keep warm.
- ☐ Add stir-fry vegetables to mixture in cooker. Increase heat setting to High. Cover and cook 15 to 20 minutes or until peppers are tender.
- ☐ Remove netting or strings from beef.
- ☐ Serve pepper mixture with beef.

Nutrition Facts



Properties

Glycemic Index:10.25, Glycemic Load:0.71, Inflammation Score:-8, Nutrition Score:25.887391375459%

Flavonoids

Luteolin: 0.35mg, Luteolin: 0.35mg, Luteolin: 0.35mg, Luteolin: 0.35mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.16mg, Quercetin: 0.16mg, Quercetin: 0.16mg, Quercetin: 0.16mg

Nutrients (% of daily need)

Calories: 354.16kcal (17.71%), Fat: 19.74g (30.38%), Saturated Fat: 8.62g (53.9%), Carbohydrates: 11.08g (3.69%), Net Carbohydrates: 9.81g (3.57%), Sugar: 8.32g (9.25%), Cholesterol: 117.37mg (39.12%), Sodium: 731.12mg (31.79%),

Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 33.47g (66.94%), Vitamin C: 72.73mg (88.16%), Zinc: 12.96mg (86.39%), Vitamin B12: 4.64µg (77.39%), Selenium: 35.42µg (50.6%), Vitamin B6: 0.83mg (41.28%), Vitamin B3: 8.01mg (40.06%), Vitamin A: 1816.75IU (36.33%), Phosphorus: 338.2mg (33.82%), Iron: 3.9mg (21.65%), Potassium: 701.63mg (20.05%), Vitamin B2: 0.3mg (17.76%), Manganese: 0.25mg (12.68%), Vitamin B5: 1.23mg (12.28%), Magnesium: 40.73mg (10.18%), Vitamin B1: 0.14mg (9.57%), Vitamin E: 1.27mg (8.49%), Folate: 31.59µg (7.9%), Copper: 0.12mg (5.97%), Vitamin K: 5.45µg (5.19%), Fiber: 1.27g (5.09%), Calcium: 34.44mg (3.44%), Vitamin D: 0.17µg (1.13%)