



## Slow-Cooker Hungarian Beef Pot Roast

READY IN



510 min.

SERVINGS



6

CALORIES



667 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- ☐ 3 lb beef chuck boneless trimmed
- ☐ 1 medium onion sliced
- ☐ 1 medium bell pepper green sliced
- ☐ 0.5 cup beef broth
- ☐ 0.5 cup chili sauce
- ☐ 3 teaspoons paprika
- ☐ 0.5 teaspoon highest available proof grain spirit
- ☐ 0.5 teaspoon salt
- ☐ 0.3 teaspoon caraway seeds

- ☐ 6 cups extra wide egg noodles uncooked
- ☐ 8 oz cream sour
- ☐ 1 serving parsley fresh chopped

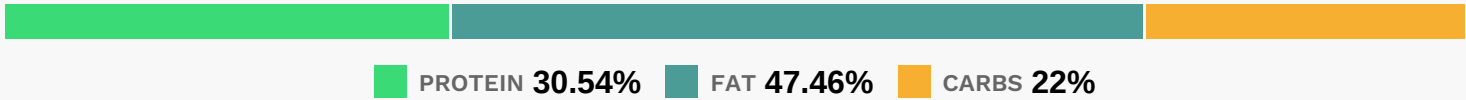
## Equipment

- ☐ measuring cup
- ☐ slow cooker

## Directions

- ☐ If necessary, cut beef roast into 2 or 3 large pieces.
- ☐ Place beef in 3 1/2 to 4-quart slow cooker. Top with onion.
- ☐ In measuring cup, combine broth, chili sauce, paprika, garlic-pepper blend, salt and caraway seed; mix well.
- ☐ Pour over beef and onion.
- ☐ Cover; cook on low setting for 7 to 8 hours.
- ☐ About 20 minutes before serving, cook egg noodles to desired doneness as directed on package.
- ☐ Remove beef from slow cooker; cover to keep warm. Stir sour cream into liquid in slow cooker until blended. Increase heat setting to high; cover and cook an additional 5 minutes or until of desired consistency.
- ☐ Drain noodles.
- ☐ Cut beef across grain into slices.
- ☐ Serve beef with sauce mixture over noodles.
- ☐ Garnish each serving with tablespoon of sour cream; sprinkle with parsley.

## Nutrition Facts



## Properties

Glycemic Index:30.67, Glycemic Load:11.99, Inflammation Score:-8, Nutrition Score:33.223913026893%

## Flavonoids

Apigenin: 1.44mg, Apigenin: 1.44mg, Apigenin: 1.44mg, Apigenin: 1.44mg Luteolin: 0.95mg, Luteolin: 0.95mg, Luteolin: 0.95mg, Luteolin: 0.95mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 4.16mg, Quercetin: 4.16mg, Quercetin: 4.16mg, Quercetin: 4.16mg

## Nutrients (% of daily need)

Calories: 667.43kcal (33.37%), Fat: 35.37g (54.42%), Saturated Fat: 15.78g (98.6%), Carbohydrates: 36.91g (12.3%), Net Carbohydrates: 34.03g (12.38%), Sugar: 6.4g (7.11%), Cholesterol: 210.71mg (70.24%), Sodium: 778.87mg (33.86%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 51.21g (102.42%), Zinc: 18.08mg (120.55%), Selenium: 78.63µg (112.33%), Vitamin B12: 6.4µg (106.59%), Phosphorus: 578.44mg (57.84%), Vitamin B3: 11.42mg (57.08%), Vitamin B6: 1.09mg (54.75%), Iron: 6.06mg (33.69%), Potassium: 1078.8mg (30.82%), Vitamin B2: 0.47mg (27.74%), Vitamin C: 22.2mg (26.9%), Vitamin A: 1066.06IU (21.32%), Manganese: 0.43mg (21.28%), Magnesium: 78.92mg (19.73%), Vitamin B5: 1.94mg (19.44%), Vitamin B1: 0.27mg (17.81%), Vitamin K: 18.63µg (17.74%), Copper: 0.32mg (15.95%), Fiber: 2.88g (11.51%), Calcium: 105.97mg (10.6%), Vitamin E: 1.53mg (10.2%), Folate: 29.91µg (7.48%), Vitamin D: 0.34µg (2.27%)