



Slow-Cooker Italian Rump Roast



Gluten Free



Dairy Free

READY IN



535 min.

SERVINGS



8

CALORIES



271 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 cup onion chopped
- ☐ 14.5 oz tomatoes diced undrained canned
- ☐ 2.5 lb top round beef roast boneless
- ☐ 2 slices bacon chopped
- ☐ 1 clove garlic finely chopped
- ☐ 1 tablespoon seasoning italian
- ☐ 3 tablespoons cornstarch
- ☐ 0.3 cup water

- ☐ 8 oz mushrooms fresh whole
- ☐ 1 cup green beans frozen thawed (from 1-lb bag)
- ☐ 0.5 cup olives ripe

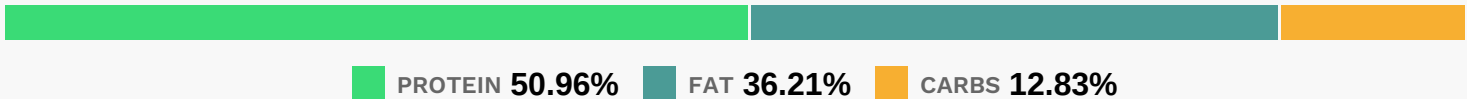
Equipment

- ☐ bowl
- ☐ slow cooker

Directions

- ☐ In 4- to 5-quart slow cooker, mix onion and tomatoes. If beef roast comes in netting or is tied, remove netting or strings.
- ☐ Place beef in slow cooker. In small bowl, mix bacon, garlic and Italian seasoning; rub over beef.
- ☐ Cover; cook on Low heat setting 8 to 10 hours.
- ☐ Remove beef from cooker. In small bowl, mix cornstarch and water; stir into tomato mixture. Return beef to cooker.
- ☐ Cut large mushrooms in half. Arrange mushrooms, beans and olives around beef. Increase heat setting to High. Cover; cook 20 to 30 minutes until tomato mixture has thickened and vegetables are tender.

Nutrition Facts



Properties

Glycemic Index:17.5, Glycemic Load:0.72, Inflammation Score:-4, Nutrition Score:20.900434742803%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 2.67mg, Quercetin: 2.67mg, Quercetin: 2.67mg, Quercetin: 2.67mg

Nutrients (% of daily need)

Calories: 270.5kcal (13.52%), Fat: 10.74g (16.52%), Saturated Fat: 3.36g (20.97%), Carbohydrates: 8.56g (2.85%),
Net Carbohydrates: 6.64g (2.42%), Sugar: 2.73g (3.03%), Cholesterol: 91.51mg (30.5%), Sodium: 324.39mg (14.1%),
Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 34g (68.01%), Selenium: 43.43µg (62.04%), Vitamin B3: 11.35mg
(56.76%), Vitamin B6: 1.07mg (53.6%), Vitamin B12: 2.66µg (44.35%), Zinc: 6.26mg (41.72%), Phosphorus: 357.17mg
(35.72%), Vitamin B2: 0.39mg (23.22%), Iron: 4.04mg (22.43%), Potassium: 737.63mg (21.08%), Copper: 0.3mg
(14.91%), Vitamin B1: 0.21mg (14.17%), Magnesium: 50.19mg (12.55%), Vitamin K: 13.15µg (12.53%), Vitamin B5: 1.19mg
(11.87%), Vitamin C: 7.92mg (9.6%), Folate: 35.54µg (8.89%), Vitamin E: 1.3mg (8.64%), Manganese: 0.16mg (7.75%),
Fiber: 1.92g (7.67%), Calcium: 66.7mg (6.67%), Vitamin A: 201.05IU (4.02%)