



Slow-Cooker Mediterranean Pot Roast

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

READY IN



385 min.

SERVINGS



8

CALORIES



337 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 3 lb beef chuck boneless
- 1 teaspoon salt
- 1 tablespoon seasoning italian
- 1 large garlic clove finely chopped
- 0.3 cup sun-dried tomatoes drained chopped in oil
- 0.5 cup olives pitted ripe sliced
- 0.5 cup beef broth flavored (from 32-oz carton)
- 0.5 cup pearl onions frozen (from 1-lb bag)

Equipment

- frying pan
- slow cooker

Directions

- Spray 12-inch skillet with cooking spray; heat over medium-high heat. Cook beef in skillet about 5 minutes, turning once, until brown.
- Sprinkle with salt, Italian seasoning and garlic; remove from skillet.
- Place beef, seasoned side up, in 4-to 5-quart slow cooker.
- Spread tomatoes and olives over roast.
- Add broth and onions.
- Cover and cook on low heat setting 5 to 6 hours or until beef is tender.
- Remove beef from slow cooker; cover and let stand 15 minutes. Slice beef; serve with beef juice and onions from slow cooker. Note: This recipe was tested in slow cookers with heating elements in the side and bottom of the cooker, not in cookers that stand only on a heated base. For slow cookers with just a heated base, follow the manufacturer's directions for layering ingredients and choosing a temperature.

Nutrition Facts

PROTEIN 39.17% **FAT 56.91%** **CARBS 3.92%**

Properties

Glycemic Index:7.75, Glycemic Load:0.35, Inflammation Score:-3, Nutrition Score:19.799999916035%

Flavonoids

Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Isorhamnetin: 0.74mg, Isorhamnetin: 0.74mg, Isorhamnetin: 0.74mg, Isorhamnetin: 0.74mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 3.01mg, Quercetin: 3.01mg, Quercetin: 3.01mg, Quercetin: 3.01mg

Nutrients (% of daily need)

Calories: 337.35kcal (16.87%), Fat: 21.54g (33.14%), Saturated Fat: 8.87g (55.42%), Carbohydrates: 3.34g (1.11%), Net Carbohydrates: 2.27g (0.82%), Sugar: 0.7g (0.78%), Cholesterol: 117.37mg (39.12%), Sodium: 628.89mg (27.34%),

Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 33.36g (66.71%), Zinc: 12.88mg (85.85%), Vitamin B12: 4.65µg (77.57%), Selenium: 35.51µg (50.74%), Vitamin B3: 7.71mg (38.54%), Vitamin B6: 0.7mg (34.96%), Phosphorus: 335.93mg (33.59%), Iron: 4mg (22.21%), Potassium: 679.12mg (19.4%), Vitamin B2: 0.28mg (16.21%), Vitamin B5: 1.1mg (10.97%), Magnesium: 40.53mg (10.13%), Vitamin B1: 0.13mg (8.79%), Copper: 0.15mg (7.33%), Vitamin C: 5.89mg (7.14%), Vitamin K: 6.62µg (6.31%), Vitamin E: 0.76mg (5.08%), Calcium: 50.6mg (5.06%), Manganese: 0.1mg (4.86%), Fiber: 1.07g (4.28%), Folate: 11.01µg (2.75%), Vitamin A: 125.17IU (2.5%), Vitamin D: 0.17µg (1.13%)