



Slow-Cooker New England Pot Roast

 Dairy Free

READY IN



510 min.

SERVINGS



8

CALORIES



919 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 tablespoons vegetable oil
- ☐ 4 lb prime rib roast
- ☐ 8 small potatoes cut in half
- ☐ 8 medium carrots cut into fourths
- ☐ 8 small onion
- ☐ 8 oz horseradish prepared
- ☐ 1 teaspoons salt
- ☐ 1 teaspoon pepper

- ☐ 1 cup water
- ☐ 0.5 cup water cold
- ☐ 0.3 cup flour all-purpose

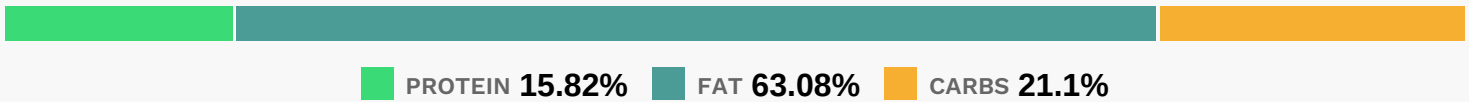
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ measuring cup
- ☐ slow cooker

Directions

- ☐ In 12-inch skillet, heat oil over medium heat. Cook beef in oil until brown on all sides.
- ☐ In 4- to 6-quart slow cooker, place potatoes, carrots and onions.
- ☐ Place beef on vegetables. In small bowl, mix horseradish, salt, pepper and 1 cup water; pour over beef.
- ☐ Cover; cook on Low heat setting 8 to 10 hours.
- ☐ Remove beef and vegetables from cooker; place on serving platter. Cover to keep warm.
- ☐ Into 2-cup measuring cup, pour juices from cooker; skim excess fat from juices.
- ☐ Add enough water to juices to measure 2 cups; pour into 2-quart saucepan. In tightly covered container, shake 1/2 cup cold water and the flour; gradually stir into juices.
- ☐ Heat to boiling, stirring constantly. Boil and stir 1 minute.
- ☐ Serve gravy with beef and vegetables.

Nutrition Facts



Properties

Glycemic Index:37.45, Glycemic Load:28.1, Inflammation Score:-10, Nutrition Score:34.79565222367%

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: 3.51mg, Isorhamnetin: 3.51mg, Isorhamnetin: 3.51mg, Isorhamnetin: 3.51mg Kaempferol: 1.96mg, Kaempferol: 1.96mg, Kaempferol: 1.96mg, Kaempferol: 1.96mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 15.53mg, Quercetin: 15.53mg, Quercetin: 15.53mg, Quercetin: 15.53mg

Nutrients (% of daily need)

Calories: 918.73kcal (45.94%), Fat: 64.33g (98.96%), Saturated Fat: 25.83g (161.45%), Carbohydrates: 48.42g (16.14%), Net Carbohydrates: 40.68g (14.79%), Sugar: 9.46g (10.51%), Cholesterol: 137.17mg (45.72%), Sodium: 568.16mg (24.7%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 36.3g (72.6%), Vitamin A: 10197.4IU (203.95%), Vitamin B12: 5.26µg (87.63%), Vitamin B6: 1.28mg (64.17%), Selenium: 42.49µg (60.7%), Vitamin C: 49.33mg (59.79%), Zinc: 7.89mg (52.58%), Potassium: 1591.44mg (45.47%), Phosphorus: 441.53mg (44.15%), Vitamin B3: 8.05mg (40.27%), Fiber: 7.74g (30.97%), Iron: 5.22mg (29.01%), Manganese: 0.55mg (27.68%), Vitamin B1: 0.39mg (26.27%), Magnesium: 93.29mg (23.32%), Vitamin B2: 0.38mg (22.52%), Folate: 84.97µg (21.24%), Copper: 0.38mg (18.98%), Vitamin K: 18.6µg (17.72%), Vitamin B5: 1.37mg (13.74%), Calcium: 92.86mg (9.29%), Vitamin E: 0.72mg (4.8%)