



Slow-Cooker Pot Roast

 Dairy Free

READY IN



490 min.

SERVINGS



10

CALORIES



281 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 16 oz baby carrots
- 2.5 lb beef chuck eye roast boneless
- 0.5 cup a.1. original sauce
- 1 lb new potatoes red
- 1 onion sliced
- 0.9 oz onion-mushroom soup mix
- 0.5 cup water

Equipment

slow cooker

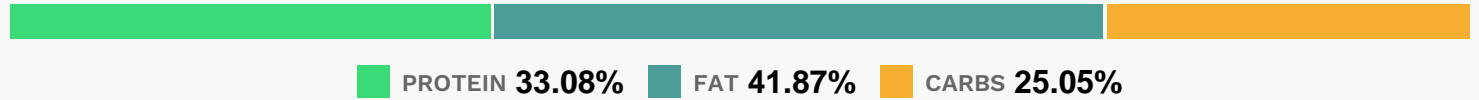
Directions

Mix first 3 ingredients until blended.

Place meat in slow cooker; top with vegetables and sauce. Cover with lid.

Cook on LOW 8 to 9 hours (or on HIGH 6 to 7 hours).

Nutrition Facts



Properties

Glycemic Index:11.07, Glycemic Load:6.03, Inflammation Score:-10, Nutrition Score:20.537826030151%

Flavonoids

Isorhamnetin: 0.55mg, Isorhamnetin: 0.55mg, Isorhamnetin: 0.55mg, Isorhamnetin: 0.55mg Kaempferol: 0.43mg, Kaempferol: 0.43mg, Kaempferol: 0.43mg, Kaempferol: 0.43mg Quercetin: 2.55mg, Quercetin: 2.55mg, Quercetin: 2.55mg, Quercetin: 2.55mg

Nutrients (% of daily need)

Calories: 281.23kcal (14.06%), Fat: 13.15g (20.23%), Saturated Fat: 5.75g (35.92%), Carbohydrates: 17.7g (5.9%), Net Carbohydrates: 15.03g (5.46%), Sugar: 5.83g (6.48%), Cholesterol: 78.24mg (26.08%), Sodium: 477.85mg (20.78%), Alcohol: 0g (0%), Alcohol %: 0% (100%), Protein: 23.37g (46.75%), Vitamin A: 6271.29IU (125.43%), Zinc: 8.78mg (58.56%), Vitamin B12: 3.1µg (51.6%), Selenium: 24.09µg (34.41%), Vitamin B6: 0.64mg (32.19%), Vitamin B3: 5.68mg (28.42%), Phosphorus: 261.45mg (26.15%), Potassium: 709.4mg (20.27%), Iron: 3.17mg (17.62%), Vitamin C: 11.02mg (13.35%), Vitamin B2: 0.21mg (12.07%), Fiber: 2.67g (10.67%), Vitamin B5: 1.05mg (10.48%), Magnesium: 39.26mg (9.82%), Vitamin B1: 0.14mg (9.13%), Manganese: 0.18mg (9.02%), Copper: 0.18mg (8.94%), Vitamin K: 6.91µg (6.58%), Folate: 25µg (6.25%), Calcium: 45.77mg (4.58%), Vitamin E: 0.23mg (1.5%)