

Slow-Cooker Pot Roast



Gluten Free



Dairy Free



Popular

READY IN



385 min.

SERVINGS



8

CALORIES



350 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 tablespoon cornstarch
- 8 medium carrots cut into thirds
- 2 medium onion cut into 8 wedges
- 1 serving coarse mustard
- 3 pounds beef chuck trimmed
- 2 tablespoons worcestershire sauce

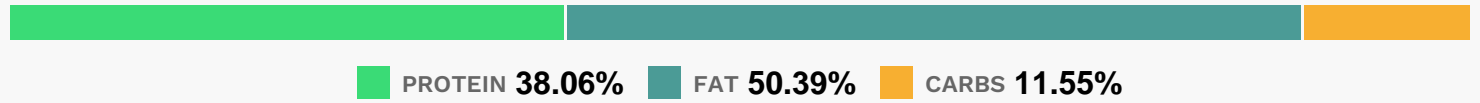
Equipment

- pot

Directions

- Pot Roast
- Pressure-Cooker Pot Roast
- Garlic Lover's Pot Roast
- Easy Pot Roast
- Korean Beef Chuck Roast

Nutrition Facts



Properties

Glycemic Index:13.23, Glycemic Load:2.51, Inflammation Score:-10, Nutrition Score:25.470869453057%

Flavonoids

Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.33mg, Kaempferol: 0.33mg, Kaempferol: 0.33mg, Kaempferol: 0.33mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 5.71mg, Quercetin: 5.71mg, Quercetin: 5.71mg, Quercetin: 5.71mg

Nutrients (% of daily need)

Calories: 349.65kcal (17.48%), Fat: 19.72g (30.34%), Saturated Fat: 8.61g (53.81%), Carbohydrates: 10.17g (3.39%), Net Carbohydrates: 7.96g (2.9%), Sugar: 4.49g (4.99%), Cholesterol: 117.37mg (39.12%), Sodium: 243.18mg (10.57%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 33.52g (67.05%), Vitamin A: 10217.12IU (204.34%), Zinc: 13mg (86.65%), Vitamin B12: 4.64µg (77.39%), Selenium: 35.5µg (50.71%), Vitamin B3: 8.02mg (40.1%), Vitamin B6: 0.77mg (38.45%), Phosphorus: 354.16mg (35.42%), Potassium: 835.04mg (23.86%), Iron: 4.02mg (22.33%), Vitamin B2: 0.3mg (17.38%), Vitamin B5: 1.25mg (12.47%), Vitamin B1: 0.17mg (11.29%), Magnesium: 43.27mg (10.82%), Vitamin K: 10.77µg (10.25%), Fiber: 2.21g (8.85%), Copper: 0.15mg (7.57%), Vitamin C: 6.19mg (7.5%), Manganese: 0.14mg (7.14%), Calcium: 60.33mg (6.03%), Folate: 22.3µg (5.58%), Vitamin E: 0.74mg (4.91%), Vitamin D: 0.17µg (1.13%)