



Slow Cooker Pot Roast

 Dairy Free

READY IN



495 min.

SERVINGS



6

CALORIES



390 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2.5 pound beef chuck boneless
- ☐ 1.2 ounce beef gravy mix dry
- ☐ 0.3 cup flour all-purpose
- ☐ 1 pinch salt and ground pepper black to taste
- ☐ 1 onion sliced
- ☐ 1 ounce ranch dressing mix
- ☐ 0.7 ounce salad dressing mix dry italian-style

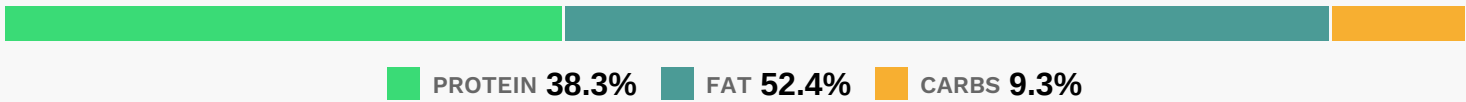
Equipment

- ☐ bowl
- ☐ whisk
- ☐ slow cooker

Directions

- ☐ Spray the inside of a slow cooker with cooking spray.
- ☐ Spread the onion slices out into the bottom of the cooker.
- ☐ Spread the flour out onto a work surface.
- ☐ Sprinkle the chuck roast with salt and black pepper, and roll the roast in the flour to coat all sides. Using the edge of a small, sturdy plate, pound the flour into the meat.
- ☐ Place the floured roast into the cooker on top of the onions.
- ☐ Whisk together beef gravy mix, ranch dressing mix, and Italian dressing mix in a bowl, and whisk the mixes with water until smooth.
- ☐ Pour over the chuck roast. Distribute carrots around the meat.
- ☐ Cover the cooker, set to Low, and cook until the roast is tender and the gravy has thickened, about 8 hours.

Nutrition Facts



Properties

Glycemic Index:22.33, Glycemic Load:3.26, Inflammation Score:-3, Nutrition Score:20.960434716681%

Flavonoids

Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 3.72mg, Quercetin: 3.72mg, Quercetin: 3.72mg, Quercetin: 3.72mg

Nutrients (% of daily need)

Calories: 389.98kcal (19.5%), Fat: 22.56g (34.71%), Saturated Fat: 9.69g (60.57%), Carbohydrates: 9.01g (3%), Net Carbohydrates: 8.55g (3.11%), Sugar: 1.24g (1.38%), Cholesterol: 130.86mg (43.62%), Sodium: 567.11mg (24.66%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 37.1g (74.2%), Zinc: 14.28mg (95.22%), Vitamin B12: 5.16µg (85.99%), Selenium: 40.86µg (58.37%), Vitamin B3: 8.51mg (42.53%), Vitamin B6: 0.75mg (37.52%), Phosphorus: 368.67mg (36.87%), Iron: 4.22mg (23.45%), Potassium: 662.81mg (18.94%), Vitamin B2: 0.3mg (17.93%), Vitamin B5:

1.21mg (12.06%), Vitamin B1: 0.17mg (11.65%), Magnesium: 39.08mg (9.77%), Copper: 0.13mg (6.54%), Folate: 18.69µg (4.67%), Vitamin K: 4.8µg (4.57%), Manganese: 0.08mg (4.06%), Calcium: 37.63mg (3.76%), Vitamin E: 0.44mg (2.92%), Fiber: 0.46g (1.83%), Vitamin C: 1.37mg (1.66%), Vitamin D: 0.19µg (1.26%)