



Slow Cooker Pot Roast



Dairy Free



Popular

READY IN



495 min.

SERVINGS



6

CALORIES



411 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2.5 pound beef chuck boneless
- ☐ 1.2 ounce beef gravy mix dry
- ☐ 5 carrots whole peeled
- ☐ 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

☐ 0.5 cup water or as needed

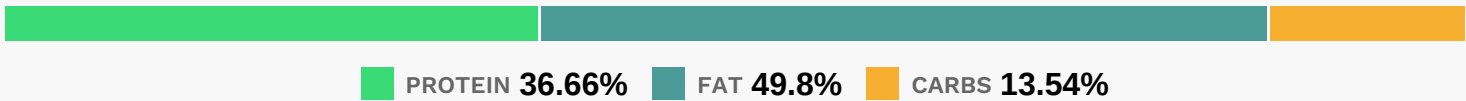
Equipment

- ☐ 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:30.14, Glycemic Load:4.87, Inflammation Score:-10, Nutrition Score:27.3799999917486%

Flavonoids

Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 3.83mg, Quercetin: 3.83mg, Quercetin: 3.83mg, Quercetin: 3.83mg

Nutrients (% of daily need)

Calories: 410.82kcal (20.54%), Fat: 22.68g (34.9%), Saturated Fat: 9.71g (60.67%), Carbohydrates: 13.88g (4.63%), Net Carbohydrates: 12g (4.36%), Sugar: 3.65g (4.06%), Cholesterol: 130.86mg (43.62%), Sodium: 603.17mg (26.22%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 37.57g (75.15%), Vitamin A: 8518.43IU (170.37%), Zinc: 14.41mg (96.04%), Vitamin B12: 5.16µg (85.99%), Selenium: 40.91µg (58.44%), Vitamin B3: 9.01mg (45.03%), Vitamin B6: 0.82mg (41.02%), Phosphorus: 386.46mg (38.65%), Iron: 4.37mg (24.3%), Potassium: 825.48mg (23.59%), Vitamin B2: 0.33mg (19.66%), Vitamin B1: 0.21mg (13.89%), Vitamin B5: 1.34mg (13.45%), Magnesium: 45.38mg (11.34%), Vitamin K: 11.51µg (10.97%), Copper: 0.16mg (7.84%), Manganese: 0.15mg (7.7%), Fiber: 1.88g (7.52%), Folate: 28.35µg (7.09%), Calcium: 55mg (5.5%), Vitamin C: 4.37mg (5.3%), Vitamin E: 0.77mg (5.16%), Vitamin D: 0.19µg (1.26%)