



Slow-Cooker Pot Roast

 **Gluten Free**  **Dairy Free**

READY IN



495 min.

SERVINGS



15

CALORIES



125 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.5 cup classic balsamic vinaigrette dressing made with extra virgin olive oil kraft
- 0.3 cup beef broth fat-free reduced-sodium
- 2 lb blade roast boneless
- 0.3 cup parsley fresh chopped
- 1 lb new potatoes
- 2 cups pearl onions peeled

Equipment

- slow cooker

cutting board

Directions

- Place potatoes and onions in slow cooker sprayed with cooking spray; top with meat.
- Add dressing and beef broth; cover with lid.
- Cook on LOW 8 to 9 hours (or on HIGH 6 to 7 hours).
- Transfer meat to cutting board; cut across the grain into thin slices.
- Place on platter; surround with vegetables. Skim and discard fat from sauce.
- Drizzle sauce over meat and vegetables; top with parsley.

Nutrition Facts



Properties

Glycemic Index:9.52, Glycemic Load:4.53, Inflammation Score:-4, Nutrition Score:9.7365218601797%

Flavonoids

Apigenin: 2.16mg, Apigenin: 2.16mg, Apigenin: 2.16mg, Apigenin: 2.16mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 1.58mg, Isorhamnetin: 1.58mg, Isorhamnetin: 1.58mg, Isorhamnetin: 1.58mg Kaempferol: 0.46mg, Kaempferol: 0.46mg, Kaempferol: 0.46mg, Kaempferol: 0.46mg Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg Quercetin: 6.62mg, Quercetin: 6.62mg, Quercetin: 6.62mg, Quercetin: 6.62mg

Nutrients (% of daily need)

Calories: 124.63kcal (6.23%), Fat: 4.22g (6.49%), Saturated Fat: 0.79g (4.91%), Carbohydrates: 8.82g (2.94%), Net Carbohydrates: 7.58g (2.76%), Sugar: 1.84g (2.05%), Cholesterol: 0mg (0%), Sodium: 107.78mg (4.69%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 12.99g (25.99%), Vitamin B6: 0.67mg (33.4%), Vitamin B3: 4.38mg (21.89%), Vitamin B12: 1.07µg (17.84%), Zinc: 2.67mg (17.79%), Vitamin K: 17.1µg (16.29%), Phosphorus: 156.99mg (15.7%), Selenium: 9.81µg (14.01%), Potassium: 408.86mg (11.68%), Vitamin C: 9.62mg (11.66%), Vitamin B2: 0.18mg (10.73%), Iron: 1.74mg (9.65%), Vitamin B1: 0.14mg (9.05%), Copper: 0.13mg (6.68%), Magnesium: 25.12mg (6.28%), Vitamin B5: 0.51mg (5.13%), Fiber: 1.23g (4.94%), Manganese: 0.1mg (4.76%), Folate: 12.35µg (3.09%), Vitamin A: 85.48IU (1.71%), Calcium: 15.47mg (1.55%)