



Slow-Cooker Pot Roast with Creamy Dill Sauce

 Very Healthy

READY IN



570 min.

SERVINGS



8

CALORIES



281 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 tablespoons flour all-purpose
- ☐ 1 teaspoon salt
- ☐ 0.3 teaspoon pepper white
- ☐ 2 lb pot roast cut boneless trimmed of fat
- ☐ 1 cup beef broth flavored (from 32-oz carton)
- ☐ 1 tablespoon dijon mustard
- ☐ 4 cloves garlic finely chopped
- ☐ 0.5 teaspoon dill dried

- ☐ 1 large onion cut into 12 wedges
- ☐ 16 oz baby carrots
- ☐ 1.3 lb yukon gold potatoes unpeeled cut into 1-inch cubes
- ☐ 0.5 teaspoon lemon pepper
- ☐ 2 tablespoons flour all-purpose
- ☐ 2 tablespoons water
- ☐ 1 teaspoon dill dried
- ☐ 1 cup cream fat-free sour

Equipment

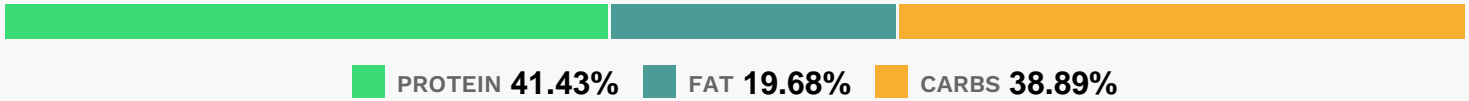
- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ whisk
- ☐ slow cooker

Directions

- ☐ On sheet of waxed paper or in shallow bowl, mix 2 tablespoons flour, 1 teaspoon salt and the white pepper.
- ☐ Place beef on flour mixture; turn to coat evenly.
- ☐ Spray 5- to 6-quart slow cooker with cooking spray.
- ☐ Heat 12-inch nonstick skillet over medium-high heat.
- ☐ Add beef to skillet; cook about 5 minutes, turning once, until golden brown on both sides.
- ☐ Place in cooker.
- ☐ In small bowl, mix broth, mustard, garlic and dill weed.
- ☐ Pour over beef in cooker.
- ☐ Place onion, carrots and potatoes on top of beef.
- ☐ Sprinkle with lemon-pepper seasoning.
- ☐ Cover; cook on Low heat setting 9 to 10 hours.

- ☐ Remove beef and vegetables from cooker; place on large serving platter and cover to keep warm. In small bowl, beat all sauce ingredients except sour cream with wire whisk until smooth.
- ☐ Strain any fat from liquid in cooker.
- ☐ Pour liquid into 1-quart saucepan; heat to boiling over high heat. Stir flour mixture into hot liquid; cook 2 to 3 minutes, stirring constantly, until thickened.
- ☐ Remove from heat; stir in sour cream.
- ☐ Cut beef into 8 serving pieces.
- ☐ Serve sauce with beef and vegetables.

Nutrition Facts



Properties

Glycemic Index:44.34, Glycemic Load:11.68, Inflammation Score:-10, Nutrition Score:24.100434759389%

Flavonoids

Isorhamnetin: 0.94mg, Isorhamnetin: 0.94mg, Isorhamnetin: 0.94mg, Isorhamnetin: 0.94mg Kaempferol: 0.69mg, Kaempferol: 0.69mg, Kaempferol: 0.69mg, Kaempferol: 0.69mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 4.33mg, Quercetin: 4.33mg, Quercetin: 4.33mg, Quercetin: 4.33mg

Nutrients (% of daily need)

Calories: 280.92kcal (14.05%), Fat: 6.07g (9.34%), Saturated Fat: 2.21g (13.83%), Carbohydrates: 26.99g (9%), Net Carbohydrates: 23.18g (8.43%), Sugar: 4.21g (4.68%), Cholesterol: 76.3mg (25.43%), Sodium: 597.53mg (25.98%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 28.76g (57.51%), Vitamin A: 7907.02IU (158.14%), Selenium: 32.46µg (46.38%), Zinc: 6.76mg (45.05%), Vitamin B6: 0.88mg (43.98%), Vitamin B12: 2.5µg (41.67%), Vitamin B3: 7.51mg (37.54%), Phosphorus: 330.55mg (33.05%), Potassium: 910.71mg (26.02%), Vitamin C: 17.41mg (21.1%), Iron: 3.78mg (21.02%), Vitamin B2: 0.31mg (18.26%), Manganese: 0.32mg (16.18%), Fiber: 3.81g (15.24%), Vitamin B1: 0.22mg (14.58%), Magnesium: 56.66mg (14.17%), Folate: 55.78µg (13.95%), Copper: 0.26mg (13.18%), Vitamin B5: 1.24mg (12.41%), Calcium: 94.52mg (9.45%), Vitamin K: 8.38µg (7.98%), Vitamin E: 0.35mg (2.34%)