



Slow Cooker Roast

 Dairy Free

READY IN



505 min.

SERVINGS



4

CALORIES



653 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 cup baby carrots
- 2 pound beef chuck boneless
- 10.8 ounce cream of mushroom soup canned
- 1 ounce onion soup mix dry
- 1.5 cups green beans sliced (also known as "Frenched")
- 1 tablespoon olive oil
- 3 potatoes peeled cut into 1-inch cubes
- 4 servings water

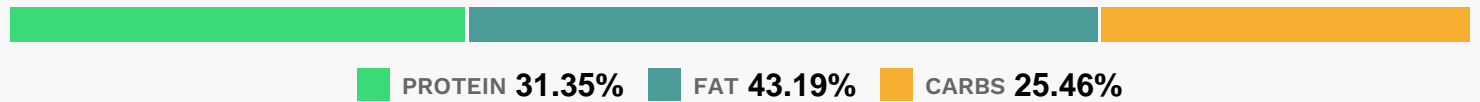
Equipment

- bowl
- frying pan
- slow cooker

Directions

- Heat olive oil in a skillet over medium-high heat. Sear roast in hot oil until browned completely, about 2 minutes per side.
- Spread potatoes into the bottom of the slow cooker.
- Layer baby carrots atop the potatoes and green beans atop the carrots.
- Place the roast atop the layers of vegetables.
- Mix cream of mushroom soup, water, and dry onion soup mix together in a bowl; pour over the roast and vegetables.
- Cook on Low 8 to 10 hours.

Nutrition Facts



Properties

Glycemic Index:32.44, Glycemic Load:21.24, Inflammation Score:-10, Nutrition Score:41.260434492775%

Flavonoids

Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Kaempferol: 1.46mg, Kaempferol: 1.46mg, Kaempferol: 1.46mg, Kaempferol: 1.46mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 2.24mg, Quercetin: 2.24mg, Quercetin: 2.24mg, Quercetin: 2.24mg

Nutrients (% of daily need)

Calories: 653.41kcal (32.67%), Fat: 31.67g (48.72%), Saturated Fat: 12.91g (80.68%), Carbohydrates: 41.99g (14%), Net Carbohydrates: 35.82g (13.02%), Sugar: 4.44g (4.94%), Cholesterol: 160.3mg (53.43%), Sodium: 1341.99mg (58.35%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 51.72g (103.44%), Zinc: 18.61mg (124.09%), Vitamin B12: 6.31µg (105.22%), Vitamin A: 4731.17IU (94.62%), Vitamin B6: 1.5mg (75.17%), Selenium: 48.09µg (68.7%), Vitamin B3: 12.76mg (63.81%), Phosphorus: 581.39mg (58.14%), Potassium: 1735.52mg (49.59%), Vitamin C: 37.58mg (45.55%), Iron: 7.31mg (40.64%), Manganese: 0.68mg (34.01%), Vitamin B2: 0.5mg (29.38%), Copper:

0.59mg (29.33%), Vitamin K: 29.39µg (27.99%), Magnesium: 105.3mg (26.32%), Fiber: 6.18g (24.71%), Vitamin B1: 0.36mg (23.73%), Vitamin B5: 2.29mg (22.92%), Folate: 59.95µg (14.99%), Calcium: 103.54mg (10.35%), Vitamin E: 1.13mg (7.53%), Vitamin D: 0.23µg (1.51%)