



HEALTH SCORE

61%

Slow-cooker Roast and Gravy



Dairy Free



Very Healthy

READY IN



490 min.

SERVINGS



6

CALORIES



402 kcal

SAUCE

Ingredients

- ☐ 10.5 oz condensed beef broth canned
- ☐ 10.8 oz cream of mushroom with roasted garlic soup canned
- ☐ 3.5 lb eye of round roast trimmed
- ☐ 2 tablespoons flour all-purpose
- ☐ 1 oz onion-mushroom soup mix dry
- ☐ 0.5 teaspoon pepper
- ☐ 1 teaspoon salt
- ☐ 2 tablespoons vegetable oil

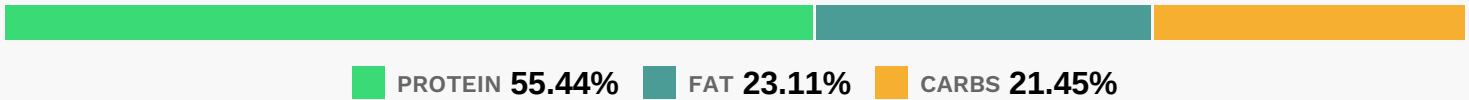
Equipment

- ☐ whisk
- ☐ dutch oven
- ☐ slow cooker

Directions

- ☐ Stir together first 3 ingredients in a 5 1/2-qt. slow cooker.
- ☐ Sprinkle roast evenly with flour, salt, and pepper. Brown roast on all sides in hot oil in a large Dutch oven over medium-high heat.
- ☐ Transfer roast to slow cooker.
- ☐ Cover and cook on LOW 8 hours.
- ☐ Remove roast from slow cooker; slice to serve. Skim fat from gravy in slow cooker, if desired.
- ☐ Whisk gravy; serve over roast.

Nutrition Facts



Properties

Glycemic Index:22.83, Glycemic Load:6.12, Inflammation Score:-6, Nutrition Score:35.38434778575%

Flavonoids

Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.82mg, Myricetin: 0.82mg, Myricetin: 0.82mg, Myricetin: 0.82mg Quercetin: 0.88mg, Quercetin: 0.88mg, Quercetin: 0.88mg, Quercetin: 0.88mg

Nutrients (% of daily need)

Calories: 401.89kcal (20.09%), Fat: 10.5g (16.15%), Saturated Fat: 2.99g (18.7%), Carbohydrates: 21.92g (7.31%), Net Carbohydrates: 20.43g (7.43%), Sugar: 0.74g (0.82%), Cholesterol: 0mg (0%), Sodium: 1074.09mg (46.7%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 56.66g (113.31%), Vitamin B6: 3.03mg (151.34%), Vitamin B3: 18.5mg (92.52%), Vitamin B12: 4.72µg (78.63%), Zinc: 11.67mg (77.8%), Selenium: 50.46µg (72.08%), Phosphorus: 665.98mg (66.6%), Manganese: 0.95mg (47.7%), Vitamin B2: 0.81mg (47.43%), Iron: 7.15mg (39.72%), Vitamin B1: 0.56mg (37.08%), Potassium: 1240.57mg (35.44%), Copper: 0.56mg (27.78%), Vitamin B5: 2.03mg (20.33%), Magnesium: 80.87mg (20.22%), Vitamin C: 16.01mg (19.4%), Calcium: 113.61mg (11.36%), Vitamin K: 9.55µg (9.09%),

Fiber: 1.49g (5.95%), Vitamin E: 0.42mg (2.81%), Folate: 7.12µg (1.78%)