

Slow Cooker Roast Beef

 Dairy Free  Low Fod Map

READY IN



1350 min.

SERVINGS



6

CALORIES



431 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 3 pounds beef chuck
- 2 teaspoons pepper black freshly ground
- 1 ounce onion soup mix dry
- 0.3 cup soya sauce

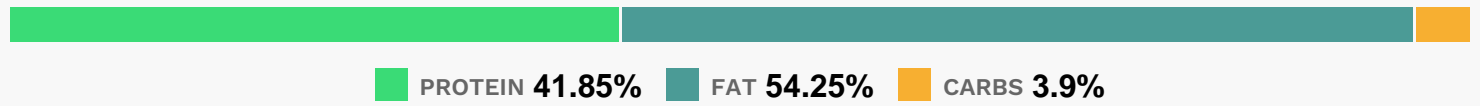
Equipment

- slow cooker

Directions

- Pour the soy sauce and dry onion soup mix into the slow cooker.
- Mix well.
- Place chuck roast into slow cooker.
- Add water until the top 1/2 inch of the roast is not covered.
- Add the fresh ground pepper over the top.
- Cover and cook on low for 22 hours.

Nutrition Facts



Properties

Glycemic Index:7.83, Glycemic Load:0.17, Inflammation Score:-2, Nutrition Score:24.457825966503%

Nutrients (% of daily need)

Calories: 431.48kcal (21.57%), Fat: 26.09g (40.13%), Saturated Fat: 11.45g (71.56%), Carbohydrates: 4.22g (1.41%), Net Carbohydrates: 3.64g (1.32%), Sugar: 0.44g (0.49%), Cholesterol: 156.49mg (52.16%), Sodium: 1283.27mg (55.79%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 45.28g (90.55%), Zinc: 17.17mg (114.48%), Vitamin B12: 6.19µg (103.19%), Selenium: 47.09µg (67.27%), Vitamin B3: 10.39mg (51.97%), Vitamin B6: 0.92mg (46.19%), Phosphorus: 456.42mg (45.64%), Iron: 5.15mg (28.6%), Potassium: 823.21mg (23.52%), Vitamin B2: 0.36mg (21.33%), Vitamin B5: 1.49mg (14.91%), Magnesium: 52.22mg (13.06%), Vitamin B1: 0.17mg (11.41%), Manganese: 0.2mg (10.17%), Copper: 0.18mg (9.06%), Calcium: 50.84mg (5.08%), Vitamin K: 4.56µg (4.34%), Vitamin E: 0.44mg (2.96%), Fiber: 0.58g (2.33%), Folate: 9.24µg (2.31%), Vitamin D: 0.23µg (1.51%)