



## Slow-Cooker Rosemary-Garlic Beef Roast

 Dairy Free

READY IN



500 min.

SERVINGS



12

CALORIES



264 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 1 cup beef broth flavored (from 32-oz carton)
- 5 lb sirloin beef tips boneless
- 3 tablespoons chili sauce
- 0.3 cup flour all-purpose
- 2 tablespoons rosemary leaves fresh chopped
- 2 cloves garlic finely chopped
- 0.5 teaspoon pepper
- 1 medium onion sliced

- 0.5 teaspoon salt
- 1 tablespoon vegetable oil
- 1 teaspoon worcestershire sauce

## Equipment

- bowl
- slow cooker

## Directions

- In small bowl, mix oil and Worcestershire sauce; brush over beef roast. Rub roast evenly with garlic, rosemary, salt and pepper. In 5- to 6-quart slow cooker, add onion.
- Pour 1/4 cup of the broth over onion.
- Place beef roast on onion. Refrigerate remaining broth.
- Cover and cook on Low heat setting 8 to 9 hours.
- Remove beef from cooker; cover to keep warm. In small bowl, mix remaining 3/4 cup broth, the chili sauce and flour; stir into hot mixture in cooker. Increase heat setting to High. Cook uncovered 5 to 10 minutes or until thickened.
- Serve gravy with beef.

## Nutrition Facts

    
■ PROTEIN 65.51% ■ FAT 27.12% ■ CARBS 7.37%

## Properties

Glycemic Index:13.67, Glycemic Load:2.16, Inflammation Score:-4, Nutrition Score:20.386086691981%

## Flavonoids

Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 1.87mg, Quercetin: 1.87mg, Quercetin: 1.87mg, Quercetin: 1.87mg

## Nutrients (% of daily need)

Calories: 263.53kcal (13.18%), Fat: 7.59g (11.67%), Saturated Fat: 2.38g (14.9%), Carbohydrates: 4.64g (1.55%), Net Carbohydrates: 4.22g (1.54%), Sugar: 0.95g (1.06%), Cholesterol: 103.95mg (34.65%), Sodium: 338.29mg (14.71%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 41.24g (82.48%), Selenium: 55.91µg (79.88%), Vitamin B3: 12.46mg (62.3%), Vitamin B6: 1.22mg (60.75%), Zinc: 7.86mg (52.42%), Vitamin B12: 2.38µg (39.61%), Phosphorus: 396.04mg (39.6%), Iron: 3.67mg (20.42%), Potassium: 688.05mg (19.66%), Vitamin B2: 0.29mg (16.79%), Vitamin B1: 0.2mg (13.54%), Vitamin B5: 1.22mg (12.24%), Magnesium: 46.64mg (11.66%), Copper: 0.2mg (10.07%), Folate: 31.95µg (7.99%), Vitamin E: 0.68mg (4.54%), Calcium: 45.3mg (4.53%), Vitamin K: 4.56µg (4.34%), Manganese: 0.08mg (4.23%), Vitamin C: 1.57mg (1.91%), Fiber: 0.42g (1.67%)