



Slow Cooker Savory Pot Roast



Gluten Free



Dairy Free



Very Healthy

READY IN



480 min.

SERVINGS



6

CALORIES



493 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 6 medium carrots cut into 2-inch pieces (3 cups)
- ☐ 10.8 ounces cream of mushroom soup fat free 98% canned (Regular or)
- ☐ 3 pounds top round beef roast boneless
- ☐ 6 small potatoes – remove skin red cut in half

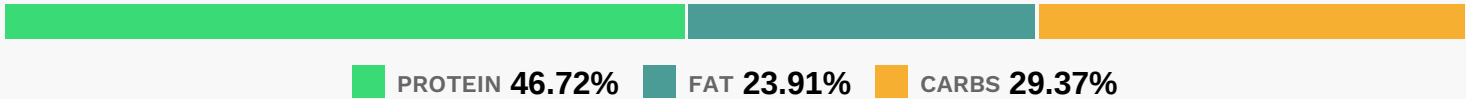
Equipment

- ☐ slow cooker

Directions

- ☐ Stir the mushroom soup, soup mix, potatoes and carrots in a 4 1/2-quart slow cooker.
- ☐ Add the beef and turn to coat.
- ☐ Cover and cook on LOW for 8 to 9 hours or until the beef is fork-tender.

Nutrition Facts



Properties

Glycemic Index:7.81, Glycemic Load:1.94, Inflammation Score:-10, Nutrition Score:39.643912895866%

Flavonoids

Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 1.23mg, Quercetin: 1.23mg, Quercetin: 1.23mg, Quercetin: 1.23mg

Nutrients (% of daily need)

Calories: 492.51kcal (24.63%), Fat: 12.85g (19.77%), Saturated Fat: 4.54g (28.39%), Carbohydrates: 35.51g (11.84%), Net Carbohydrates: 30.82g (11.21%), Sugar: 5.08g (5.65%), Cholesterol: 143.15mg (47.72%), Sodium: 559.82mg (24.34%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 56.51g (113.02%), Vitamin A: 10202.56IU (204.05%), Vitamin B6: 1.87mg (93.72%), Vitamin B3: 18.33mg (91.67%), Selenium: 63.73µg (91.05%), Zinc: 10.7mg (71.34%), Vitamin B12: 4.28µg (71.28%), Phosphorus: 627.39mg (62.74%), Potassium: 1806.07mg (51.6%), Iron: 6.45mg (35.84%), Copper: 0.58mg (28.95%), Vitamin B2: 0.48mg (28.32%), Vitamin B1: 0.4mg (26.6%), Magnesium: 102.71mg (25.68%), Manganese: 0.51mg (25.55%), Vitamin C: 18.22mg (22.08%), Folate: 75.23µg (18.81%), Fiber: 4.7g (18.8%), Vitamin B5: 1.73mg (17.26%), Vitamin K: 15.7µg (14.96%), Calcium: 82.25mg (8.23%), Vitamin E: 1.1mg (7.33%)