



WHATSheATE



HEALTH SCORE

82%

Slow Cooker Savory Pot Roast



Dairy Free



Very Healthy

READY IN



45 min.

SERVINGS



6

CALORIES



518 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients



6 medium carrots cut into 2-inch pieces (3 cups)



10.8 ounces campbell's® condensed cream of mushroom soup fat free 98% 25% canned (Regular, or Less Sodium)



2 ounces onion soup & recipe mix dry



3 pound chuck pot roast boneless



6 small potatoes red cut in half

Equipment

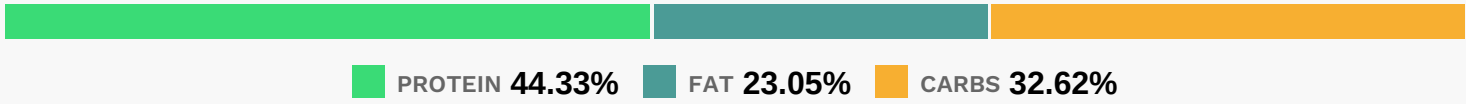


slow cooker

Directions

- ☐
- Stir the soup, onion soup mix, potatoes and carrots in a 4 1/2-quart slow cooker.
- ☐
- Serve with buttermilk biscuits and steamed broccoli spears. For dessert serve turtle or blonde brownies.

Nutrition Facts



Properties

Glycemic Index:7.81, Glycemic Load:1.94, Inflammation Score:-10, Nutrition Score:39.910434795463%

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: 517.93kcal (25.9%), Fat: 13.09g (20.14%), Saturated Fat: 4.95g (30.93%), Carbohydrates: 41.66g (13.89%), Net Carbohydrates: 36.34g (13.21%), Sugar: 5.52g (6.14%), Cholesterol: 149.96mg (49.99%), Sodium: 1359.56mg (59.11%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 56.63g (113.26%), Vitamin A: 10203.98IU (204.08%), Zinc: 13.8mg (92%), Selenium: 56.95µg (81.36%), Vitamin B12: 4.87µg (81.11%), Vitamin B6: 1.56mg (77.88%), Vitamin B3: 14.99mg (74.95%), Phosphorus: 615.58mg (61.56%), Potassium: 1853.8mg (52.97%), Iron: 6.48mg (35.99%), Vitamin B2: 0.53mg (30.91%), Copper: 0.6mg (29.83%), Manganese: 0.58mg (28.81%), Magnesium: 106.11mg (26.53%), Vitamin B1: 0.39mg (25.94%), Vitamin B5: 2.3mg (23.01%), Vitamin C: 18.54mg (22.47%), Fiber: 5.32g (21.29%), Folate: 75.23µg (18.81%), Vitamin K: 15.84µg (15.08%), Calcium: 86.69mg (8.67%), Vitamin E: 1.09mg (7.26%), Vitamin D: 0.23µg (1.51%)