



Slow-Cooker Southwestern Pot Roast

 Dairy Free  Very Healthy

READY IN



615 min.

SERVINGS



8

CALORIES



366 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 8 small potatoes – remove skin red cut in half
- ☐ 3 pound pan drippings from roast beef preferably boneless trimmed of fat
- ☐ 2 tablespoons flour all-purpose
- ☐ 1 pound baby carrots
- ☐ 16 oz salsa thick

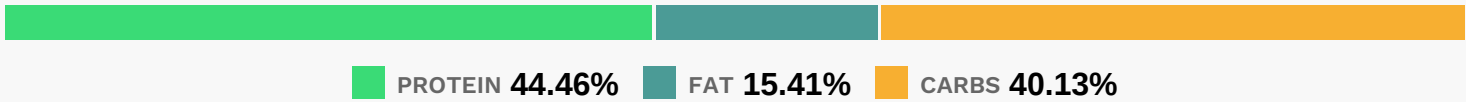
Equipment

- ☐ slow cooker
- ☐ cutting board

Directions

- ☐ Place potatoes in 3 1/2- to 4-quart slow cooker. Coat beef with
- ☐ flour; place on potatoes. Arrange carrots around beef.
- ☐ Pour salsa over
- ☐ all.
- ☐ Cover and cook on low heat setting 8 to 10 hours.
- ☐ Remove beef from cooker; place on cutting board. Pull beef into
- ☐ serving pieces, using 2 forks. To serve, spoon sauce over beef and
- ☐ vegetables.

Nutrition Facts



Properties

Glycemic Index:9.38, Glycemic Load:1.04, Inflammation Score:-10, Nutrition Score:34.552173759626%

Flavonoids

Quercetin: 1.11mg, Quercetin: 1.11mg, Quercetin: 1.11mg, Quercetin: 1.11mg

Nutrients (% of daily need)

Calories: 366.23kcal (18.31%), Fat: 6.39g (9.83%), Saturated Fat: 2.13g (13.3%), Carbohydrates: 37.46g (12.49%), Net Carbohydrates: 31.86g (11.59%), Sugar: 7.06g (7.84%), Cholesterol: 96.96mg (32.32%), Sodium: 3006.77mg (130.73%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 41.5g (82.99%), Vitamin A: 8102.85IU (162.06%), Vitamin C: 93.72mg (113.59%), Vitamin B3: 15.65mg (78.26%), Vitamin B6: 1.13mg (56.48%), Calcium: 527.57mg (52.76%), Vitamin B12: 2.89µg (48.19%), Phosphorus: 468.03mg (46.8%), Zinc: 6.92mg (46.16%), Potassium: 1532.44mg (43.78%), Iron: 5.64mg (31.35%), Fiber: 5.61g (22.42%), Copper: 0.44mg (22.16%), Magnesium: 87.71mg (21.93%), Manganese: 0.43mg (21.72%), Selenium: 13.9µg (19.86%), Vitamin B2: 0.31mg (18.22%), Vitamin B1: 0.27mg (17.72%), Folate: 67.09µg (16.77%), Vitamin B5: 1.33mg (13.35%), Vitamin K: 12.65µg (12.04%), Vitamin E: 0.71mg (4.73%)