



Slow-cooker Spicy Marinated Eye of Round



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



10

CALORIES



168 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 3 pound eye of round roast
- ☐ 10 servings spicy sauce
- ☐ 10 servings garnish: parsley fresh chopped
- ☐ 0.3 teaspoon pepper
- ☐ 0.5 teaspoon salt
- ☐ 3 onions sweet sliced

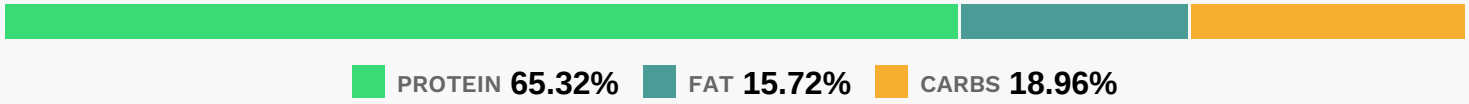
Equipment

- ☐ slow cooker

Directions

- ☐ Cut roast in half, and place in a 5-quart slow cooker. Stir together ingredients for Spicy Sauce, and pour mixture over uncooked roast. Cook at HIGH 9 hours; remove roast.
- ☐ Cool slightly, and cut into thin slices. Return slices to slow cooker, and cook 1 more hour.

Nutrition Facts



Properties

Glycemic Index:6.4, Glycemic Load:0.05, Inflammation Score:-7, Nutrition Score:20.44130435586%

Flavonoids

Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg Apigenin: 8.62mg, Apigenin: 8.62mg, Apigenin: 8.62mg, Apigenin: 8.62mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Kaempferol: 1.19mg, Kaempferol: 1.19mg, Kaempferol: 1.19mg, Kaempferol: 1.19mg Myricetin: 1.73mg, Myricetin: 1.73mg, Myricetin: 1.73mg, Myricetin: 1.73mg Quercetin: 14.43mg, Quercetin: 14.43mg, Quercetin: 14.43mg, Quercetin: 14.43mg

Nutrients (% of daily need)

Calories: 167.92kcal (8.4%), Fat: 2.97g (4.57%), Saturated Fat: 1.13g (7.08%), Carbohydrates: 8.07g (2.69%), Net Carbohydrates: 7.03g (2.56%), Sugar: 5.25g (5.83%), Cholesterol: 0mg (0%), Sodium: 196.98mg (8.56%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 27.79g (55.58%), Vitamin B6: 1.35mg (67.4%), Vitamin K: 65.98µg (62.84%), Vitamin B3: 9.21mg (46.03%), Vitamin B12: 2.41µg (40.14%), Zinc: 5.83mg (38.89%), Phosphorus: 321.78mg (32.18%), Selenium: 22µg (31.43%), Vitamin B2: 0.39mg (23.02%), Iron: 3.6mg (20.01%), Potassium: 640.42mg (18.3%), Vitamin B1: 0.26mg (17.37%), Copper: 0.26mg (12.91%), Vitamin C: 10.09mg (12.23%), Magnesium: 43.68mg (10.92%), Vitamin B5: 0.97mg (9.71%), Folate: 28.93µg (7.23%), Vitamin A: 338.23IU (6.76%), Manganese: 0.1mg (5.18%), Fiber: 1.04g (4.15%), Calcium: 31.12mg (3.11%)