



HEALTH SCORE

52%

Slow-Cooker : Tuscan Pot Roast



Gluten Free



Dairy Free

READY IN



30 min.

SERVINGS



8

CALORIES



376 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2.5 pound bottom-round pot roast
- ☐ 28 ounce canned tomatoes whole chopped canned
- ☐ 2 cups carrots thinly sliced
- ☐ 2 cups celery stalks thinly sliced
- ☐ 1 cup cooking wine dry red
- ☐ 3 garlic cloves minced
- ☐ 1 tablespoon kosher salt
- ☐ 0.5 ounce mushrooms dried (such as portobello)

- ☐ 0.3 cup olive oil
- ☐ 2 large onions quartered
- ☐ 1 teaspoon oregano dried
- ☐ 6 ounce tomato paste canned

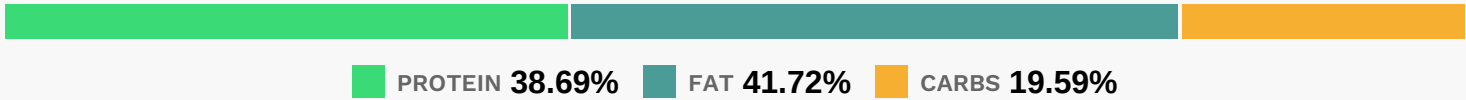
Equipment

- ☐ frying pan
- ☐ slow cooker

Directions

- ☐ Heat the oil in a large skillet over medium-high heat and brown the roast on all sides.
- ☐ Transfer the roast to a 4- to 6-quart slow cooker. To the fat remaining in the skillet, add the onions, celery, carrots, and garlic. Cook, stirring frequently, until tender, about 10 minutes.
- ☐ Add the tomato paste and stir to coat the vegetables; transfer to the cooker.
- ☐ Pour the wine into the skillet and scrape up any browned bits; add the contents of the skillet to the cooker, along with the mushrooms, salt, oregano, and tomatoes (plus 1 cup of their liquid). Cook 8 hours on low heat, or 4 hours on high heat.

Nutrition Facts



Properties

Glycemic Index:31.1, Glycemic Load:4.49, Inflammation Score:-10, Nutrition Score:29.523913031849%

Flavonoids

Petunidin: 1mg, Petunidin: 1mg, Petunidin: 1mg, Petunidin: 1mg Delphinidin: 1.25mg, Delphinidin: 1.25mg, Delphinidin: 1.25mg, Delphinidin: 1.25mg Malvidin: 7.87mg, Malvidin: 7.87mg, Malvidin: 7.87mg, Malvidin: 7.87mg Peonidin: 0.56mg, Peonidin: 0.56mg, Peonidin: 0.56mg, Peonidin: 0.56mg Catechin: 2.31mg, Catechin: 2.31mg, Catechin: 2.31mg, Catechin: 2.31mg Epicatechin: 3.2mg, Epicatechin: 3.2mg, Epicatechin: 3.2mg, Epicatechin: 3.2mg Apigenin: 0.73mg, Apigenin: 0.73mg, Apigenin: 0.73mg, Apigenin: 0.73mg Luteolin: 0.33mg, Luteolin: 0.33mg, Luteolin: 0.33mg, Luteolin: 0.33mg Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg Kaempferol: 0.38mg, Kaempferol: 0.38mg, Kaempferol: 0.38mg, Kaempferol: 0.38mg Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg Quercetin: 7.97mg, Quercetin: 7.97mg,

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Nutrients (% of daily need)

Calories: 375.85kcal (18.79%), Fat: 16.55g (25.46%), Saturated Fat: 3.74g (23.38%), Carbohydrates: 17.48g (5.83%), Net Carbohydrates: 13.11g (4.77%), Sugar: 8.8g (9.78%), Cholesterol: 87.88mg (29.29%), Sodium: 1154.78mg (50.21%), Alcohol: 3.15g (100%), Alcohol %: 0.99% (100%), Protein: 34.53g (69.05%), Vitamin A: 5723.44IU (114.47%), Vitamin B6: 1.23mg (61.63%), Selenium: 40.65µg (58.07%), Vitamin B3: 11.57mg (57.86%), Vitamin B12: 2.62µg (43.72%), Zinc: 6.43mg (42.84%), Phosphorus: 375.06mg (37.51%), Potassium: 1072.75mg (30.65%), Iron: 4.89mg (27.16%), Vitamin K: 26.85µg (25.57%), Vitamin E: 3.56mg (23.74%), Vitamin C: 16.92mg (20.51%), Copper: 0.41mg (20.43%), Vitamin B2: 0.34mg (20.13%), Manganese: 0.39mg (19.74%), Vitamin B1: 0.27mg (18%), Fiber: 4.37g (17.5%), Magnesium: 69.62mg (17.41%), Folate: 57.31µg (14.33%), Vitamin B5: 1.18mg (11.84%), Calcium: 103.89mg (10.39%)