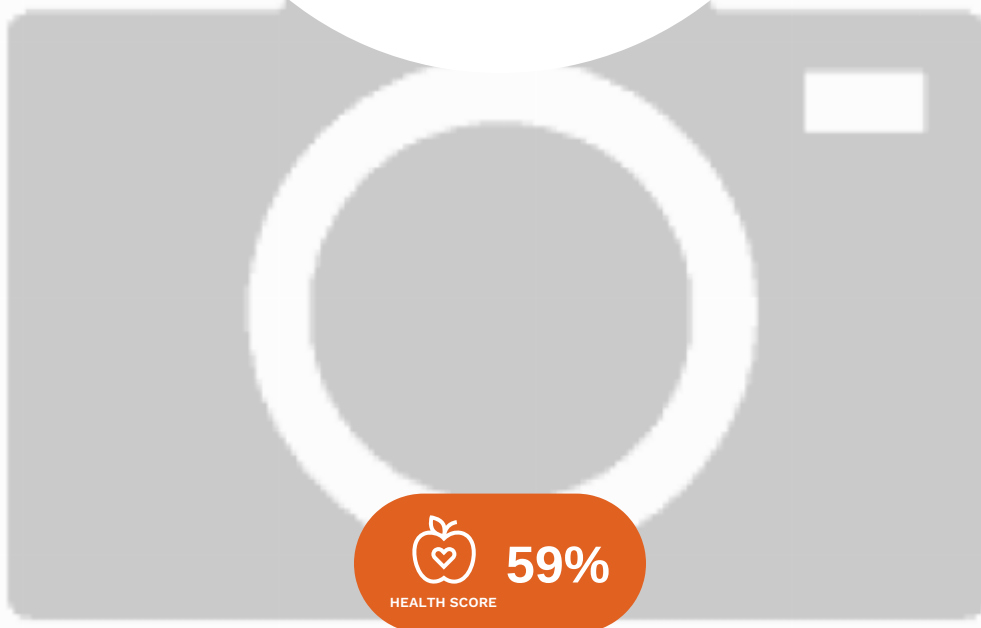




Stove Top Pot Roast



Gluten Free



Dairy Free



Very Healthy

READY IN



210 min.

SERVINGS



6

CALORIES



672 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 3 pound beef chuck
- ☐ 6 carrots peeled cut into chunks
- ☐ 4 stalks celery chopped
- ☐ 1 tablespoon basil dried
- ☐ 4 cloves garlic crushed
- ☐ 1 onion red chopped
- ☐ 6 medium potatoes red quartered
- ☐ 6 servings salt and pepper to taste

- ☐ 6 turnips peeled cut into chunks
- ☐ 2 tablespoons vegetable oil

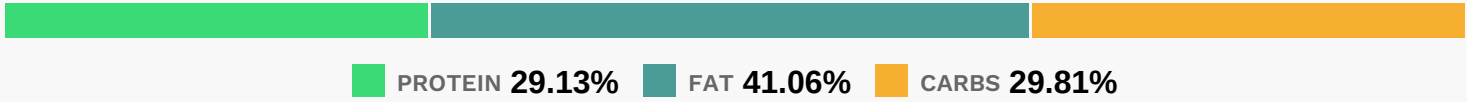
Equipment

- ☐ pot
- ☐ dutch oven

Directions

- ☐ Heat the oil in a large pot or Dutch oven over medium-high heat.
- ☐ Place the roast in the pot, and quickly brown on all sides.
- ☐ Fill the pot with enough water to cover the roast.
- ☐ Add the onion, garlic, celery, basil, salt and pepper. Bring to a boil, then reduce heat to low and simmer for 2 hours and 15 minutes, adding water if needed to keep the roast covered.
- ☐ Add potatoes and turnips; simmer for an additional 15 minutes.
- ☐ Add carrots; simmer for 30 minutes, or until roast can be pulled apart with a fork. Taste, and adjust salt and pepper if needed before serving.

Nutrition Facts



Properties

Glycemic Index:34.81, Glycemic Load:6.74, Inflammation Score:-10, Nutrition Score:45.587826013565%

Flavonoids

Apigenin: 0.76mg, Apigenin: 0.76mg, Apigenin: 0.76mg, Apigenin: 0.76mg Luteolin: 0.35mg, Luteolin: 0.35mg, Luteolin: 0.35mg, Luteolin: 0.35mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.33mg, Kaempferol: 0.33mg, Kaempferol: 0.33mg, Kaempferol: 0.33mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 5.37mg, Quercetin: 5.37mg, Quercetin: 5.37mg, Quercetin: 5.37mg

Nutrients (% of daily need)

Calories: 672.18kcal (33.61%), Fat: 31.24g (48.06%), Saturated Fat: 12.27g (76.68%), Carbohydrates: 51.04g (17.01%), Net Carbohydrates: 42.48g (15.45%), Sugar: 11.44g (12.71%), Cholesterol: 156.49mg (52.16%), Sodium: 562.58mg (24.46%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 49.86g (99.71%), Vitamin A: 10360.29IU (207.21%),

Zinc: 18.37mg (122.47%), Vitamin B12: 6.19µg (103.19%), Vitamin B6: 1.5mg (75.01%), Selenium: 49.2µg (70.29%), Vitamin B3: 13.49mg (67.47%), Potassium: 2272.03mg (64.92%), Phosphorus: 629.47mg (62.95%), Vitamin C: 50.35mg (61.03%), Vitamin K: 45.44µg (43.28%), Iron: 7.55mg (41.94%), Manganese: 0.72mg (36.21%), Fiber: 8.56g (34.23%), Magnesium: 120.7mg (30.18%), Copper: 0.59mg (29.58%), Vitamin B2: 0.5mg (29.25%), Vitamin B1: 0.43mg (28.66%), Vitamin B5: 2.5mg (25.03%), Folate: 90.24µg (22.56%), Calcium: 150.14mg (15.01%), Vitamin E: 1.41mg (9.41%), Vitamin D: 0.23µg (1.51%)