



## The Best Pot Roast Ever

 **Gluten Free**  **Dairy Free**  **Very Healthy**  **Low Fod Map**

READY IN



45 min.

SERVINGS



6

CALORIES



746 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 0.9 oz brown gravy mix
- 8 carrots peeled sliced
- 0.7 oz salad dressing mix italian
- 5 lb pot roast cut
- 6 potatoes cubed peeled
- 1 oz ranch seasoning
- 2 cups water

### Equipment

slow cooker

## Directions

Pour water into a large oval slow cooker; add roast.

Combine mixes and sprinkle over roast.

Cover and cook on low setting for 6 to 7 hours; add potatoes and carrots during the last 2 hours of cooking.

## Nutrition Facts



## Properties

Glycemic Index:21.76, Glycemic Load:29.82, Inflammation Score:-10, Nutrition Score:50.853043535481%

## Flavonoids

Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg Kaempferol: 1.9mg, Kaempferol: 1.9mg, Kaempferol: 1.9mg, Kaempferol: 1.9mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 1.66mg, Quercetin: 1.66mg, Quercetin: 1.66mg, Quercetin: 1.66mg

## Nutrients (% of daily need)

Calories: 745.5kcal (37.28%), Fat: 19.55g (30.07%), Saturated Fat: 7.17g (44.8%), Carbohydrates: 49.48g (16.49%), Net Carbohydrates: 42.52g (15.46%), Sugar: 5.66g (6.28%), Cholesterol: 245.7mg (81.9%), Sodium: 1076.39mg (46.8%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 88.07g (176.13%), Vitamin A: 13591.81IU (271.84%), Zinc: 21.53mg (143.57%), Selenium: 93.33µg (133.33%), Vitamin B12: 7.98µg (132.93%), Vitamin B6: 2.59mg (129.45%), Vitamin B3: 22.78mg (113.9%), Phosphorus: 909.64mg (90.96%), Potassium: 2411.94mg (68.91%), Vitamin C: 46.76mg (56.68%), Iron: 9.54mg (53%), Vitamin B2: 0.75mg (44.14%), Magnesium: 146.48mg (36.62%), Vitamin B1: 0.52mg (34.34%), Vitamin B5: 3.32mg (33.25%), Copper: 0.62mg (31.16%), Fiber: 6.96g (27.85%), Manganese: 0.5mg (24.94%), Folate: 98.67µg (24.67%), Vitamin K: 19.32µg (18.4%), Calcium: 111.46mg (11.15%), Vitamin E: 1.65mg (11.03%), Vitamin D: 0.38µg (2.52%)