



Three Packet Slow Cooker Roast

 Gluten Free  Dairy Free  Popular  Low Fod Map

READY IN



370 min.

SERVINGS



6

CALORIES



431 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 3 pound beef chuck boneless
- 0.8 ounce brown gravy mix dry
- 1 ounce ranch dressing mix
- 0.7 ounce salad dressing mix dry italian-style
- 1 cup water

Equipment

- bowl
- whisk

slow cooker

Directions

- Whisk together the water, Italian dressing mix, ranch dressing mix, and brown gravy mix together in a bowl until smooth.
- Place the beef roast into a slow cooker, and pour the sauce over top.
- Cook on Low until the roast is easily pierced by a fork, 6 to 8 hours.

Nutrition Facts


■ PROTEIN 40.64% ■ FAT 56.31% ■ CARBS 3.05%

Properties

Glycemic Index:0, Glycemic Load:0, Inflammation Score:-2, Nutrition Score:23.003043470985%

Nutrients (% of daily need)

Calories: 430.79kcal (21.54%), Fat: 26.79g (41.22%), Saturated Fat: 11.53g (72.08%), Carbohydrates: 3.27g (1.09%), Net Carbohydrates: 3.27g (1.19%), Sugar: 0.48g (0.53%), Cholesterol: 156.49mg (52.16%), Sodium: 592.7mg (25.77%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 43.51g (87.03%), Zinc: 17.06mg (113.74%), Vitamin B12: 6.19µg (103.19%), Selenium: 46.79µg (66.84%), Vitamin B3: 9.81mg (49.06%), Vitamin B6: 0.87mg (43.54%), Phosphorus: 429.14mg (42.91%), Iron: 4.73mg (26.26%), Potassium: 755.74mg (21.59%), Vitamin B2: 0.33mg (19.34%), Vitamin B5: 1.39mg (13.93%), Magnesium: 43.65mg (10.91%), Vitamin B1: 0.15mg (10.02%), Copper: 0.15mg (7.26%), Vitamin K: 5.25µg (5%), Calcium: 40.17mg (4.02%), Vitamin E: 0.5mg (3.36%), Folate: 6.8µg (1.7%), Vitamin D: 0.23µg (1.51%), Manganese: 0.02mg (1.19%)