



Traditional Yankee Pot Roast



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



10

CALORIES



423 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 pound carrots peeled cut into 1-inch pieces
- ☐ 4 pound beef chuck boneless trimmed
- ☐ 0.3 cup catsup
- ☐ 1 tablespoon kosher salt
- ☐ 2 tablespoons juice of lemon fresh
- ☐ 2 cups beef broth
- ☐ 2 teaspoons olive oil
- ☐ 2 cups onion coarsely chopped

- ☐ 1 tablespoon pepper black
- ☐ 1 cup plum tomatoes chopped
- ☐ 1.3 pounds potatoes – remove skin red
- ☐ 2 tablespoons worcestershire sauce

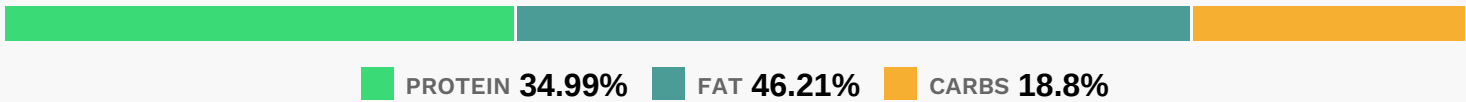
Equipment

- ☐ frying pan
- ☐ oven
- ☐ dutch oven

Directions

- ☐ Preheat oven to 30
- ☐ Heat olive oil in a large Dutch oven over medium–high heat.
- ☐ Sprinkle roast with salt and pepper.
- ☐ Add roast to pan, browning on all sides (about 8 minutes).
- ☐ Remove from pan.
- ☐ Add onion to pan; saut 8 minutes or until browned. Return roast to pan.
- ☐ Combine broth, ketchup, and Worcestershire; pour over roast.
- ☐ Add tomato; bring to a simmer.
- ☐ Cover and bake at 300 for 2 1/2 hours or until tender.
- ☐ Add potatoes and carrots; cover and bake an additional 30 minutes or until vegetables are tender. Stir in lemon juice.
- ☐ Garnish with parsley, if desired.

Nutrition Facts



Properties

Glycemic Index:14.38, Glycemic Load:2.42, Inflammation Score:-10, Nutrition Score:30.072173885677%

Flavonoids

Eriodictyol: 0.15mg, Eriodictyol: 0.15mg, Eriodictyol: 0.15mg, Eriodictyol: 0.15mg Hesperetin: 0.43mg, Hesperetin: 0.43mg, Hesperetin: 0.43mg, Hesperetin: 0.43mg Naringenin: 0.2mg, Naringenin: 0.2mg, Naringenin: 0.2mg, Naringenin: 0.2mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Isorhamnetin: 1.6mg, Isorhamnetin: 1.6mg, Isorhamnetin: 1.6mg, Isorhamnetin: 1.6mg Kaempferol: 0.34mg, Kaempferol: 0.34mg, Kaempferol: 0.34mg, Kaempferol: 0.34mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 7.16mg, Quercetin: 7.16mg, Quercetin: 7.16mg, Quercetin: 7.16mg

Nutrients (% of daily need)

Calories: 423.21kcal (21.16%), Fat: 22.03g (33.9%), Saturated Fat: 9.38g (58.6%), Carbohydrates: 20.18g (6.73%), Net Carbohydrates: 16.94g (6.16%), Sugar: 6.56g (7.29%), Cholesterol: 125.19mg (41.73%), Sodium: 1165.92mg (50.69%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 37.54g (75.07%), Vitamin A: 7839.92IU (156.8%), Zinc: 14.06mg (93.74%), Vitamin B12: 4.99µg (83.11%), Selenium: 38.29µg (54.71%), Vitamin B3: 9.61mg (48.07%), Vitamin B6: 0.93mg (46.43%), Phosphorus: 419.36mg (41.94%), Potassium: 1189.49mg (33.99%), Iron: 4.81mg (26.72%), Vitamin B2: 0.35mg (20.36%), Vitamin C: 15.01mg (18.19%), Manganese: 0.32mg (16.03%), Magnesium: 61.6mg (15.4%), Vitamin B1: 0.22mg (14.96%), Vitamin B5: 1.48mg (14.81%), Vitamin K: 14.03µg (13.36%), Fiber: 3.24g (12.96%), Copper: 0.25mg (12.72%), Folate: 36.37µg (9.09%), Calcium: 71.9mg (7.19%), Vitamin E: 1mg (6.67%), Vitamin D: 0.18µg (1.21%)