



Weekday Pot Roast and Vegetables

 Gluten Free  Dairy Free

READY IN



625 min.

SERVINGS



8

CALORIES



272 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 3 cups baby carrots fresh whole
- 20.5 ounce campbell's® beef gravy canned
- 2 teaspoons basil leaves dried crushed
- 1 teaspoon garlic powder
- 1 medium onion sliced
- 2 pound chuck pot roast boneless
- 1 pound potatoes cut into wedges
- 1 tablespoon vegetable oil

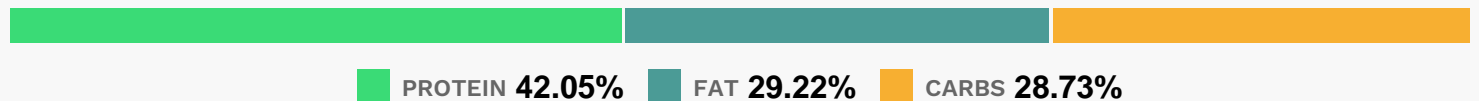
Equipment

- frying pan
- slow cooker

Directions

- Season the beef with the garlic powder.
- Heat the oil in a 10-inch skillet over medium-high heat.
- Add the beef and cook until it's well browned on all sides.
- Place the potatoes, carrots and onion in a 3 1/2-quart slow cooker.
- Sprinkle with the basil.
- Add the beef.
- Pour the gravy over the beef and vegetables.
- Cover and cook on LOW for 10 to 11 hours* or until the beef is fork-tender.
- Remove the beef from the cooker and let it stand for 10 minutes.
- Serve the beef with the vegetables and gravy.

Nutrition Facts



Properties

Glycemic Index:14.47, Glycemic Load:7.55, Inflammation Score:-10, Nutrition Score:22.020000032757%

Flavonoids

Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.54mg, Kaempferol: 0.54mg, Kaempferol: 0.54mg, Kaempferol: 0.54mg Quercetin: 3.19mg, Quercetin: 3.19mg, Quercetin: 3.19mg, Quercetin: 3.19mg

Nutrients (% of daily need)

Calories: 272.08kcal (13.6%), Fat: 8.69g (13.37%), Saturated Fat: 2.84g (17.74%), Carbohydrates: 19.23g (6.41%), Net Carbohydrates: 16.23g (5.9%), Sugar: 4.55g (5.06%), Cholesterol: 76.12mg (25.37%), Sodium: 438.03mg (19.04%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 28.15g (56.3%), Vitamin A: 6622.47IU (132.45%), Vitamin B6:

0.98mg (49.21%), Selenium: 32.18µg (45.97%), Vitamin B3: 8.56mg (42.79%), Vitamin B12: 2.1µg (34.96%), Zinc: 5.02mg (33.44%), Phosphorus: 295.79mg (29.58%), Potassium: 770.27mg (22.01%), Iron: 3.48mg (19.34%), Vitamin C: 13.44mg (16.29%), Vitamin K: 14.42µg (13.73%), Vitamin B2: 0.22mg (13.18%), Magnesium: 48.5mg (12.12%), Fiber: 3g (12%), Copper: 0.23mg (11.65%), Vitamin B1: 0.17mg (11.56%), Manganese: 0.22mg (11.05%), Folate: 40.34µg (10.08%), Vitamin B5: 0.88mg (8.77%), Calcium: 52.77mg (5.28%), Vitamin E: 0.52mg (3.45%)