



WHATSheATE



HEALTH SCORE

100%

Zesty Slow-Cooker Italian Pot Roast



Gluten Free



Dairy Free



Very Healthy

READY IN



45 min.

SERVINGS



6

CALORIES



428 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients



2 cups baby carrots fresh whole frozen



2.5 pounds top round beef roast



1 stalk celery cut into 1



10.8 oz all natural tomato soup canned



1 teaspoon parsley dried crushed



0.5 teaspoon pepper black



1 medium plum tomatoes diced italian



4 medium potatoes cut into quarters (4 cups)

- ☐ 1 tablespoon roasted garlic chopped
- ☐ 1 teaspoon vinegar
- ☐ 0.5 cup water

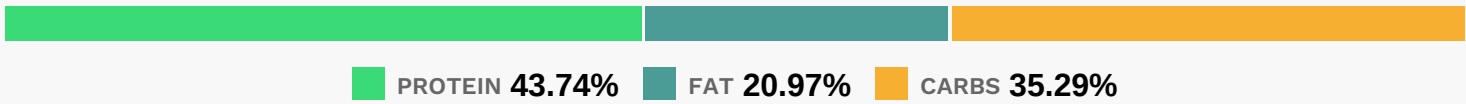
Equipment

- ☐ aluminum foil
- ☐ slow cooker

Directions

- ☐ PLACE potatoes, carrots, celery and tomato in 3 1/2-qt. slow cooker. Season roast with pepper and place on top. MIX soup, water, pepper, garlic, basil, oregano, parsley and vinegar.
- ☐ Pour over all. COVER and cook on LOW 10 to 12 hr. or until done.** TIP: For thicker gravy, mix 1/4 cup all-purpose flour and 1/2 cup water.
- ☐ Remove roast from cooker. Stir flour mixture into cooker, cover and cook on HIGH about 10 min. or until mixture boils and thickens. *To roast garlic, place whole garlic bulb on piece of aluminum foil.
- ☐ Drizzle with vegetable oil and wrap. Roast at 350F. for 45 min. or until soft. Peel and chop garlic. **Or on HIGH 5 to 6 hr.

Nutrition Facts



Properties

Glycemic Index:50.38, Glycemic Load:21.06, Inflammation Score:-10, Nutrition Score:35.810869382775%

Flavonoids

Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg Apigenin: 0.94mg, Apigenin: 0.94mg, Apigenin: 0.94mg, Apigenin: 0.94mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Isorhamnetin: 0.06mg, Isorhamnetin: 0.06mg, Isorhamnetin: 0.06mg, Isorhamnetin: 0.06mg Kaempferol: 1.16mg, Kaempferol: 1.16mg, Kaempferol: 1.16mg, Kaempferol: 1.16mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 1.17mg, Quercetin: 1.17mg, Quercetin: 1.17mg, Quercetin: 1.17mg

Nutrients (% of daily need)

Calories: 427.79kcal (21.39%), Fat: 9.83g (15.12%), Saturated Fat: 3.33g (20.79%), Carbohydrates: 37.21g (12.4%), Net Carbohydrates: 31.99g (11.63%), Sugar: 7.7g (8.55%), Cholesterol: 117.18mg (39.06%), Sodium: 346.32mg (15.06%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 46.12g (92.24%), Vitamin A: 6203.05IU (124.06%), Vitamin B6: 1.77mg (88.59%), Selenium: 54.92µg (78.45%), Vitamin B3: 15.04mg (75.18%), Vitamin B12: 3.5µg (58.27%), Zinc: 8.48mg (56.56%), Phosphorus: 521.47mg (52.15%), Potassium: 1678.72mg (47.96%), Vitamin C: 37.69mg (45.69%), Iron: 5.76mg (32.02%), Magnesium: 92.16mg (23.04%), Vitamin B2: 0.38mg (22.28%), Manganese: 0.44mg (22.13%), Vitamin B1: 0.33mg (22.11%), Copper: 0.42mg (21.23%), Fiber: 5.23g (20.9%), Folate: 62.86µg (15.71%), Vitamin B5: 1.45mg (14.51%), Vitamin K: 13.89µg (13.23%), Calcium: 80.89mg (8.09%), Vitamin E: 0.83mg (5.55%)