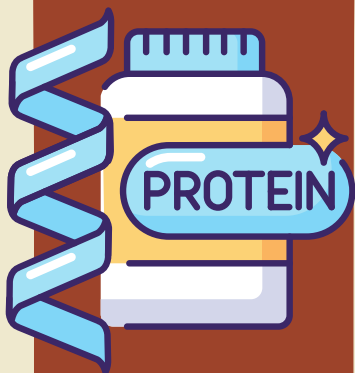


Favorite Food: Beef Pot Roast

By: Morgan Dowdy

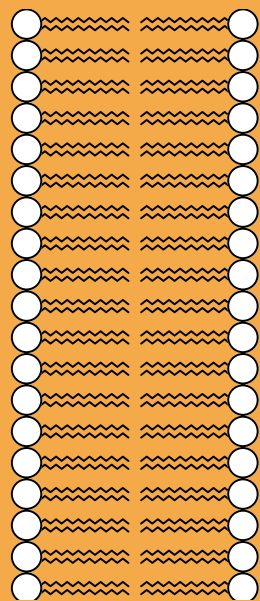
Proteins

- The biggest source of proteins in pot roast is the beef
- It is said that 3 ounces of chuck roast (the cut of meat used) provides 16.7 grams of protein
- Amino acids in beef chuck pot roast:
 - Tryptophan 0.0g
 - % Daily Value: 37%
 - Valine 0.9g
 - % Daily Value: 43%
 - Leucine 1.2g
 - % Daily Value: 43%
 - Isoleucine 0.9g
 - % Daily Value: 50%
 - Methionine 0.3g
 - % Daily Value: 56%
 - Tyrosine 0.6g
 - % Daily Value: 56%
 - Threonine 0.6g
 - % Daily Value: 59%
 - Lysine 1.6g
 - % Daily Value: 62%
 - Cystine 0.3g
 - % Daily Value: 68%
 - Phenylalanine 0.6g
 - % Daily Value: 68%
 - Histidine 0.6g
 - % Daily Value: 71%



Lipids

- For 3 ounces of chuck roast
 - Total Fat 15.8g
 - % Daily Value: 23.9%
 - Saturated Fat 6.2g
 - % Daily Value: 31.6%
- Fatty acids present in the beef:
 - Alpha-linolenic acid (ALA)
 - 18 carbons, polyunsaturated
 - double bond occurring at omega-3,6,9
 - Eicosapentaenoic acid (EPA)
 - 20 carbons, polyunsaturated
 - double bonds occurring at omega-3,6,9,12,15
 - Docosahexaenoic acid (DHA)
 - 22 carbons, polyunsaturated
 - double bonds occurring at omega-3,6,9,12,15,18



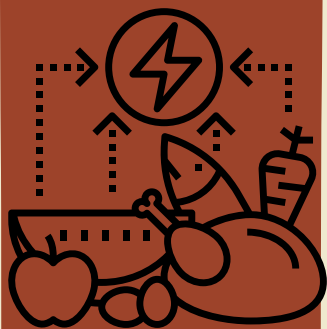


Carbohydrates

- In beef pot roast, the biggest source of carbohydrates are the whole potatoes (meaning with skin)
- Half a cup of cooked potatoes with skin
 - Total Carbs 14g
 - Net Carbs 12.1 g
 - Fiber 1.9g
 - Starch 10.2g
 - Sugar 0.8g

Nucleic Acids

- Beef is a great source of nucleic acids
 - providing DNA, RNA, and TRNA
- Depending on the specific vegetables one picks to include in their pot roast, those may provide a source of nucleic acids
- Some vegetables that provide nucleic acids are:
 - spinach, cauliflower, asparagus, broccoli, Chinese cabbage, and peas



Does Pot Roast Provide Any Essential Nutrients?

- Essential fatty acids that beef contains are:
 - alpha-linolenic acid (ALA)
 - docosahexaenoic acid (DHA)
- Beef contains every single essential amino acid:
 - histidine, isoleucine, leucine, lysine, phenylalanine, threonine, tryptophan, valine, and methionine
- Vitamins in pot roast:
 - beef - vitamins B-12, K, and E
 - potatoes - vitamins C, and B-6 (also offers iron and manganese)
 - carrots - vitamins A, C, E, K, and B-6 (also offers thiamine, manganese, and potassium)

Fun Fact About Pot Roast

- Pot Roast is a term which refers to browned meat that has been cooked in a covered pot with vegetables
 - the method of cooking is called braising, where the meat is cooked slowly in a liquid
- "Pot Roast" began popping up in cookbooks in the late 1800's, but the specific process of braising meat has been used for many centuries before that

