

Oven Cooked Chuck Roast

Yield: 4 min
Total Time: 35 min

Recipe from: <https://www.recipeschoose.com/recipes/japanese-chuck-roast-recipe>

Ingredients:

- 1 chuck roast Thick, cut in half, I will cook the other half another day
- 1 1/2 tablespoons kosher salt
- 1/2 tablespoon black pepper
- 1 tablespoon garlic powder
- 1 tablespoon paprika
- 2 tablespoons Worcestershire sauce

Nutrition:

1. Calories: 710 calories
2. Carbohydrate: 5 grams
3. Cholesterol: 185 milligrams
4. Fat: 51 grams
5. Fiber: 1 grams
6. Protein: 55 grams
7. SaturatedFat: 20 grams
8. Sodium: 2950 milligrams
9. Sugar: 1 grams

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