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Chili Coke Roast ♦♦

Chili Coke Roast is a flavorful and tender beef roast that is cooked in a mixture of chili sauce and Coca-Cola. The combination of the tangy chili sauce and the sweetness of the soda creates a delicious and unique flavor. This recipe is perfect for a hearty dinner or a special occasion.

Recipe Type: Standard

Prep Time: 15 mins

Cook Time: 180 mins

Total Time: 195 mins

Recipe Yield: 1000 grams

Number of Servings: 6

Serving Size: 166 g

Ingredients

1000 g	beef roast
2 c	chili sauce
2 c	coca-cola
1 tsp	Salt
1 tsp	Black pepper

1 tsp Garlic powder

Directions

Step 1

Preheating

Preheat the oven to 325°F (165°C).

Prep Time: 5 mins

Cook Time: 0 mins

Step 2

Seasoning

Season the beef roast with salt, black pepper, and garlic powder.

Prep Time: 5 mins

Cook Time: 0 mins

Step 3

Mixing

In a large Dutch oven, combine the chili sauce and Coca-Cola.

Prep Time: 0 mins

Cook Time: 0 mins

Step 4

Placing

Place the seasoned beef roast into the Dutch oven.

Prep Time: 0 mins

Cook Time: 0 mins

Step 5

Oven

Cover the Dutch oven with a lid and transfer it to the preheated oven.

Prep Time: 0 mins

Cook Time: 127 mins

Step 6

Cooking

Cook the roast for 3 hours, or until it is tender and easily shreds with a fork.

Prep Time: 0 mins

Cook Time: 127 mins

Step 7

Resting

Remove the roast from the Dutch oven and let it rest for 10 minutes before slicing or shredding.

Prep Time: 10 mins

Cook Time: 0 mins

Step 8

Serving

Serve the Chili Coke Roast hot and enjoy!

Prep Time: 0 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 300 kcal

Fat: 20 g

Protein: 25 g

Carbohydrates: 10 g

Nutrition Facts

Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	25 g	147.06%	147.06%

Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	10 g	18.18%	20%
Fibers	2 g	5.26%	8%
Sugars	6 g	N/A	N/A
Lactose	0 g	N/A	N/A

Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	4 g	N/A	N/A
Saturated Fat	8 g	36.36%	47.06%
Fat	20 g	71.43%	80%
Cholesterol	80 mg	N/A	N/A

Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	10 iu	1.11%	1.43%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin C	4 mg	4.44%	5.33%
Vitamin B6	15 mg	1153.85%	1153.85%
Vitamin B12	30 mcg	1250%	1250%
Vitamin E	8 mg	53.33%	53.33%
Vitamin D	0 mcg	0%	0%

Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	800 mg	34.78%	34.78%
Calcium	6 mg	0.6%	0.6%
Iron	20 mg	250%	111.11%
Potassium	500 mg	14.71%	19.23%
Zinc	20 mg	181.82%	250%
Selenium	45 mcg	81.82%	81.82%

Recipe Attributes

Seasonality

Winter Fall

Events

Christmas

Barbecue

Meal Type

Breakfast

Lunch

Snack

Dinner

Kitchen Tools

Slow Cooker

Course

Appetizers

Main Dishes

Salads

Snacks

Cultural

Chinese New Year

Halloween

Cost

Under \$10

Demographics

Kids Friendly

Teen Friendly

Lactation Friendly

Diabetic Friendly

Heart Healthy

Difficulty Level

Medium

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