



Any-Night Roast Beef

 **Gluten Free**  **Dairy Free**  **Low Fod Map**

READY IN



175 min.

SERVINGS



55

CALORIES



40 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 3 lb beef eye round roast
- 1 tsp rosemary leaves dried
- 1 Tbsp horseradish prepared kraft
- 0.5 cup 1/2 cup kraft zesty italian dressing italian kraft

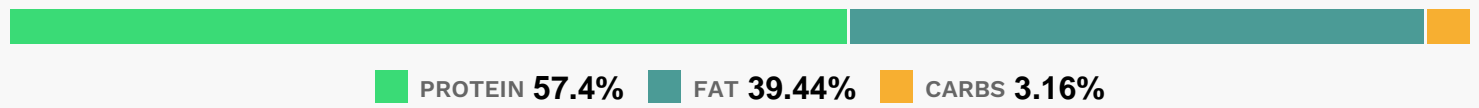
Equipment

- frying pan
- oven
- aluminum foil

Directions

- Score meat by making shallow criss-cross cuts across surface; place in shallow pan.
- Mix remaining ingredients; pour over meat. Refrigerate 1 hour to marinate.
- Heat oven to 375F.
- Bake meat, uncovered, 1-1/4 to 1-1/2 hours or until 150F, basting occasionally with pan juices.
- Remove meat from oven; cover with foil.
- Let stand 15 min. or until medium doneness (160F) before slicing.

Nutrition Facts



Properties

Glycemic Index:1.91, Glycemic Load:0.01, Inflammation Score:-1, Nutrition Score:2.76347827158222%

Nutrients (% of daily need)

Calories: 39.97kcal (2%), Fat: 1.68g (2.59%), Saturated Fat: 0.49g (3.03%), Carbohydrates: 0.3g (0.1%), Net Carbohydrates: 0.28g (0.1%), Sugar: 0.25g (0.28%), Cholesterol: 15.34mg (5.11%), Sodium: 36.23mg (1.58%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.51g (11.02%), Selenium: 6.9µg (9.86%), Vitamin B3: 1.68mg (8.38%), Vitamin B6: 0.16mg (8.18%), Vitamin B12: 0.46µg (7.63%), Zinc: 1.03mg (6.89%), Phosphorus: 53.61mg (5.36%), Iron: 0.52mg (2.9%), Potassium: 87.04mg (2.49%), Vitamin B2: 0.04mg (2.34%), Vitamin B1: 0.02mg (1.57%), Magnesium: 6.17mg (1.54%), Vitamin K: 1.5µg (1.43%), Copper: 0.02mg (1.25%), Vitamin B5: 0.11mg (1.08%)