



Beef Chuck Eye Roast with Paprika-Herb Rub



Gluten Free



Dairy Free

READY IN



90 min.

SERVINGS



8

CALORIES



379 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 tablespoon ground bay leaves
- ☐ 1 chuck eye roast
- ☐ 4 cloves garlic minced
- ☐ 0.5 teaspoon ground cumin
- ☐ 8 servings olive oil extra-virgin for drizzling
- ☐ 1 tablespoon pepper freshly ground
- ☐ 8 servings salt
- ☐ 2 teaspoons paprika sweet

- ☐ 1 tablespoon thyme leaves chopped
- ☐ 3 tablespoons vegetable oil

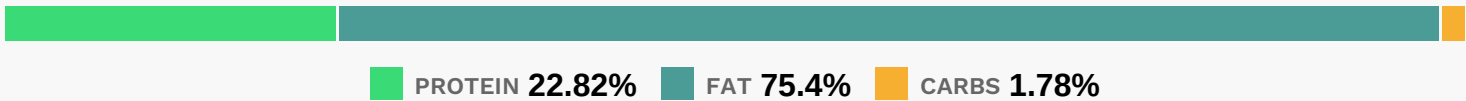
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ knife
- ☐ kitchen thermometer
- ☐ kitchen twine

Directions

- ☐ Preheat the oven to 37
- ☐ In a bowl, mix the bay leaves, pepper, thyme, paprika and cumin.
- ☐ Drizzle the roast generously with olive oil and season with salt. Rub the garlic and spice mixture over the roast and let stand for 10 minutes.
- ☐ Using butcher's twine, tie the roast to give it a uniform shape. In an ovenproof skillet, heat the vegetable oil.
- ☐ Add the roast and cook over moderate heat until lightly browned all over, 12 minutes.
- ☐ Transfer the skillet to the upper third of the oven and roast the meat for 1 hour, until an instant-read thermometer inserted in the center registers 13
- ☐ Transfer the roast to a carving board and let rest for 10 minutes. Discard the twine. Using a thin, sharp knife, thinly slice the beef across the grain and serve.

Nutrition Facts



Properties

Glycemic Index:15.88, Glycemic Load:0.29, Inflammation Score:-7, Nutrition Score:14.732173862665%

Flavonoids

Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.41mg, Luteolin: 0.41mg, Luteolin: 0.41mg, Luteolin: 0.41mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 379.01kcal (18.95%), Fat: 32.17g (49.5%), Saturated Fat: 8.42g (52.6%), Carbohydrates: 1.7g (0.57%), Net Carbohydrates: 1.11g (0.4%), Sugar: 0.07g (0.08%), Cholesterol: 77.63mg (25.88%), Sodium: 286.29mg (12.45%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 21.91g (43.82%), Zinc: 8.54mg (56.93%), Vitamin B12: 3.07µg (51.19%), Selenium: 23.47µg (33.53%), Vitamin B3: 4.96mg (24.8%), Vitamin B6: 0.47mg (23.52%), Phosphorus: 219.51mg (21.95%), Vitamin K: 21.16µg (20.15%), Vitamin E: 2.81mg (18.7%), Iron: 2.97mg (16.49%), Potassium: 409.95mg (11.71%), Vitamin B2: 0.18mg (10.46%), Manganese: 0.18mg (9%), Vitamin B5: 0.73mg (7.26%), Magnesium: 26.08mg (6.52%), Vitamin A: 323.75IU (6.48%), Vitamin B1: 0.08mg (5.4%), Copper: 0.09mg (4.69%), Calcium: 33.36mg (3.34%), Vitamin C: 2mg (2.42%), Fiber: 0.6g (2.39%), Folate: 4.65µg (1.16%)