



Chili and Coffee-Rubbed Eye of Round

 Gluten Free  Dairy Free

READY IN



600 min.

SERVINGS



8

CALORIES



126 kcal

SEASONING

MARINADE

Ingredients

- 1.5 tablespoons chili powder
- 2 pound eye-of-round roast trimmed
- 4 garlic cloves grated
- 2 tablespoons coffee granules instant
- 1.5 teaspoons kosher salt
- 2 tablespoons orange juice fresh
- 2 teaspoons orange rind grated
- 0.3 cup onion yellow grated


Equipment

- baking paper
- oven
- plastic wrap
- roasting pan
- kitchen thermometer
- cutting board

Directions

- Preheat oven to 47
- Combine the first 7 ingredients; massage mixture evenly onto roast.
- Place roast in a small roasting pan; bake at 475 for 20 minutes, turning after 10 minutes.
- Reduce oven temperature to 300 (do not remove roast from oven); bake an additional 30 minutes or until a thermometer registers 12
- Remove roast from oven, and place on a cutting board or work surface.
- Let rest at room temperature for 30 minutes.
- Wrap roast in parchment paper, then in plastic wrap, and refrigerate for 8 hours or overnight.
- Cut into very thin slices for sandwiches.
- Mustard-Tarragon Beef Tenderloin: Replace the coffee with 2 tablespoons dry mustard, and the chili powder with 1 1/2 tablespoons brown sugar. Omit orange juice; decrease salt to 1 teaspoon. Replace eye-of-round roast with a 2-pound beef tenderloin roast, trimmed. After beef cooks and rests for 30 minutes, roll it in 1/4 cup chopped fresh tarragon. After refrigerating, cut into very thin slices for hors d'oeuvres.
- Serves 12 (serving size: about 2 ounces) CALORIES 111; FAT 3g (sat 6g); SODIUM 190mg

Nutrition Facts

 PROTEIN **71.54%**  FAT **18.42%**  CARBS **10.04%**

Properties

Glycemic Index:13.63, Glycemic Load:0.47, Inflammation Score:-5, Nutrition Score:14.324347980644%

Flavonoids

Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Hesperetin: 0.51mg, Hesperetin: 0.51mg, Hesperetin: 0.51mg, Hesperetin: 0.51mg Naringenin: 0.09mg, Naringenin: 0.09mg, Naringenin: 0.09mg, Naringenin: 0.09mg Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 1.05mg, Quercetin: 1.05mg, Quercetin: 1.05mg, Quercetin: 1.05mg

Nutrients (% of daily need)

Calories: 126.41kcal (6.32%), Fat: 2.62g (4.04%), Saturated Fat: 0.98g (6.14%), Carbohydrates: 3.22g (1.07%), Net Carbohydrates: 2.52g (0.92%), Sugar: 0.69g (0.77%), Cholesterol: 0mg (0%), Sodium: 510.36mg (22.19%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 39.25mg (13.08%), Protein: 22.93g (45.85%), Vitamin B6: 1.07mg (53.58%), Vitamin B3: 8.08mg (40.41%), Vitamin B12: 2.01µg (33.45%), Zinc: 4.82mg (32.11%), Selenium: 18.63µg (26.61%), Phosphorus: 256.67mg (25.67%), Vitamin B2: 0.33mg (19.17%), Iron: 2.94mg (16.34%), Potassium: 512.64mg (14.65%), Vitamin B1: 0.19mg (12.93%), Copper: 0.19mg (9.46%), Vitamin A: 455.58IU (9.11%), Magnesium: 35mg (8.75%), Vitamin B5: 0.75mg (7.55%), Manganese: 0.09mg (4.63%), Vitamin C: 3.65mg (4.43%), Vitamin E: 0.58mg (3.85%), Fiber: 0.7g (2.8%), Calcium: 16.66mg (1.67%), Vitamin K: 1.66µg (1.58%)