



HEALTH SCORE

100%

Chili-Rubbed Roast Beef



Gluten Free



Dairy Free



Very Healthy

READY IN



30 min.

SERVINGS



4

CALORIES



624 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 tablespoon chili powder (such as McCormick)
- 4 pound eye-round roast
- 0.5 teaspoon kosher salt
- 2 tablespoons olive oil
- 4 small sweet potatoes scrubbed cut into 2-inch chunks

Equipment

- oven
- roasting pan

kitchen thermometer

aluminum foil

Directions

Take the roast out of the refrigerator and let it come to room temperature about 45 minutes before roasting.

Heat oven to 325 F.

Place the roast on a metal rack in a roasting pan, fat-side up, and rub with the chili and salt. Toss the sweet potatoes with the olive oil and place around the roast. Cook until an instant-read thermometer inserted in the center registers at least 120 F (for rare), about 1 hour and 15 minutes (15 to 20 minutes per pound). The potatoes should be fork-tender.

Remove from oven. Loosely cover the roast with foil and let stand 10 to 15 minutes. (The temperature will rise to 125 F.) Slice half the roast.

Serve with the sweet potatoes. Wrap and refrigerate the remaining meat for another meal.

Nutrition Facts


■ PROTEIN **58.51%** ■ FAT **24.19%** ■ CARBS **17.3%**

Properties

Glycemic Index:14.5, Glycemic Load:12.91, Inflammation Score:-10, Nutrition Score:50.098695475122%

Flavonoids

Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 623.84kcal (31.19%), Fat: 16.88g (25.96%), Saturated Fat: 4.79g (29.96%), Carbohydrates: 27.15g (9.05%), Net Carbohydrates: 22.55g (8.2%), Sugar: 5.58g (6.2%), Cholesterol: 0mg (0%), Sodium: 590.17mg (25.66%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 91.85g (183.7%), Vitamin A: 19036.1IU (380.72%), Vitamin B6: 4.36mg (218.21%), Vitamin B3: 31.03mg (155.15%), Vitamin B12: 8.03µg (133.81%), Zinc: 19.35mg (128.97%), Phosphorus: 1042.32mg (104.23%), Selenium: 72.86µg (104.08%), Vitamin B2: 1.32mg (77.81%), Iron: 11.48mg (63.76%), Potassium: 2141.91mg (61.2%), Vitamin B1: 0.83mg (55.17%), Copper: 0.87mg (43.48%), Vitamin B5: 3.92mg (39.15%), Magnesium: 144.35mg (36.09%), Manganese: 0.42mg (21%), Fiber: 4.6g (18.38%), Vitamin E:

2.11mg (14.06%), Vitamin K: 8.67µg (8.26%), Calcium: 63.99mg (6.4%), Vitamin C: 3.13mg (3.8%), Folate: 14.86µg (3.71%)