



## Classic Roast Beef



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



8

CALORIES



196 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- ☐ 3.5 pound eye-of-round roast
- ☐ 2 teaspoons pepper
- ☐ 1.5 tablespoons salt

## Equipment

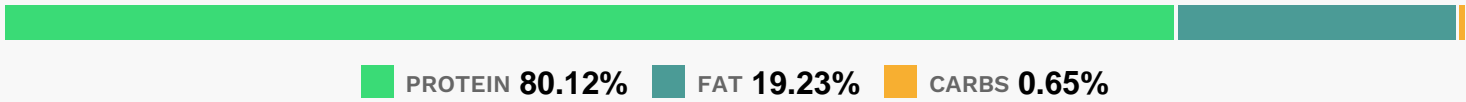
- ☐ frying pan
- ☐ oven
- ☐ roasting pan
- ☐ kitchen thermometer

☐ aluminum foil

## Directions

- ☐ Let roast stand at room temperature 45 minutes.
- ☐ Preheat oven to 45
- ☐ Place roast, fat side up, on a rack in a roasting pan.
- ☐ Sprinkle with salt and pepper.
- ☐ Add 1/4 inch water to bottom of pan.
- ☐ Reduce oven temperature to 350, and bake on middle oven rack until a meat thermometer inserted into roast registers 145 or to desired degree of doneness.
- ☐ Remove from oven, and let stand loosely covered with foil 10 to 15 minutes. Slice roast beef thinly for sandwiches.

## Nutrition Facts



## Properties

Glycemic Index:4, Glycemic Load:0.06, Inflammation Score:-3, Nutrition Score:21.7839129999717%

## Nutrients (% of daily need)

Calories: 195.73kcal (9.79%), Fat: 4.18g (6.44%), Saturated Fat: 1.65g (10.31%), Carbohydrates: 0.32g (0.11%), Net Carbohydrates: 0.19g (0.07%), Sugar: 0g (0%), Cholesterol: 0mg (0%), Sodium: 1393.51mg (60.59%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 39.23g (78.45%), Vitamin B6: 1.77mg (88.68%), Vitamin B3: 13.16mg (65.81%), Vitamin B12: 3.51µg (58.54%), Zinc: 8.26mg (55.1%), Selenium: 31.38µg (44.83%), Phosphorus: 427.45mg (42.75%), Vitamin B2: 0.54mg (31.57%), Iron: 4.56mg (25.36%), Vitamin B1: 0.32mg (21.07%), Potassium: 735.21mg (21.01%), Copper: 0.29mg (14.67%), Vitamin B5: 1.26mg (12.57%), Magnesium: 48.52mg (12.13%), Manganese: 0.09mg (4.45%), Calcium: 10.96mg (1.1%)