



Coriander-Dusted Roast Beef

 Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



285 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 3 pound top round beef roast
- ☐ 2 cups beef stock homemade
- ☐ 1.5 tablespoons flour all-purpose
- ☐ 8 servings salt and pepper freshly ground
- ☐ 2 tablespoons olive oil extra virgin extra-virgin
- ☐ 1 teaspoon paprika sweet
- ☐ 1 tablespoon coriander seeds whole

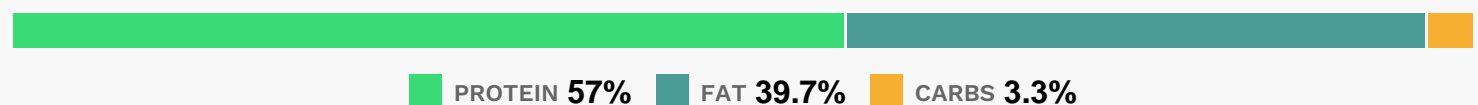
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ whisk
- ☐ roasting pan
- ☐ kitchen thermometer
- ☐ stove
- ☐ tongs
- ☐ cutting board

Directions

- ☐ Preheat the oven to 350°F.
- ☐ Rub the roast with 1 tablespoon of the olive oil. In a small bowl, combine the ground coriander seeds and paprika with 2 teaspoons of kosher salt and 1 teaspoon of pepper. Rub the spice blend all over the roast.
- ☐ In a medium roasting pan, heat the remaining 1 tablespoon of olive oil.
- ☐ Add the roast and brown it well on all sides over moderate heat, turning with tongs, about 5 minutes. Turn the roast fat side up.
- ☐ Transfer the pan to the oven and roast the meat for 35 minutes, or until an instant-read thermometer inserted in the thinner end registers 120 for medium-rare meat.
- ☐ Transfer the roast to a cutting board and let rest for 20 minutes.
- ☐ Set the roasting pan on the stove over high heat.
- ☐ Add the flour and cook for 2 minutes, whisking constantly.
- ☐ Add the stock and boil, whisking, until the gravy has thickened, 2 minutes. Season with salt and pepper. Slice the roast 1/4 inch thick and serve with the gravy.

Nutrition Facts



Properties

Glycemic Index:11.25, Glycemic Load:0.78, Inflammation Score:-3, Nutrition Score:20.014347663392%

Nutrients (% of daily need)

Calories: 284.56kcal (14.23%), Fat: 12.15g (18.69%), Saturated Fat: 3.41g (21.3%), Carbohydrates: 2.27g (0.76%), Net Carbohydrates: 1.88g (0.69%), Sugar: 0.35g (0.39%), Cholesterol: 105.46mg (35.15%), Sodium: 408.33mg (17.75%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 39.24g (78.47%), Selenium: 48.49µg (69.28%), Vitamin B3: 12.14mg (60.69%), Vitamin B6: 1.15mg (57.49%), Vitamin B12: 3.15µg (52.45%), Zinc: 7.23mg (48.19%), Phosphorus: 389.17mg (38.92%), Iron: 3.91mg (21.71%), Potassium: 706.23mg (20.18%), Vitamin B2: 0.34mg (19.92%), Vitamin B1: 0.19mg (12.76%), Magnesium: 47.85mg (11.96%), Copper: 0.21mg (10.34%), Vitamin B5: 0.75mg (7.54%), Vitamin E: 1.09mg (7.29%), Folate: 26.01µg (6.5%), Calcium: 42.49mg (4.25%), Vitamin K: 4.41µg (4.2%), Manganese: 0.05mg (2.49%), Vitamin A: 123.14IU (2.46%), Fiber: 0.39g (1.55%)