



Easy A.1. Roast

 Dairy Free

READY IN



135 min.

SERVINGS



8

CALORIES



223 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 lb beef eye round roast
- 8 oz extra wide egg noodles cooked drained
- 1 Tbsp cornstarch
- 0.1 tsp garlic powder
- 0.5 cup a.1. original sauce
- 4.5 oz mushrooms undrained sliced
- 0.3 cup water cold

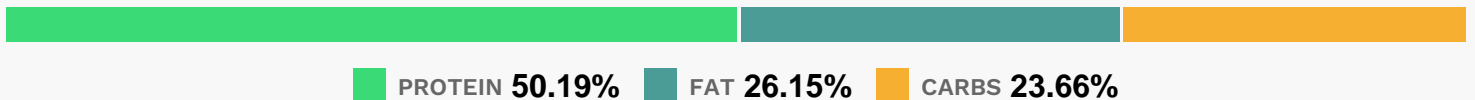
Equipment

- frying pan
- sauce pan
- oven
- baking pan
- aluminum foil

Directions

- Preheat oven to 350F.
- Mix steak sauce, mushrooms with liquid and garlic powder until well blended.
- Place roast in 13x9-inch baking pan. Top with the steak sauce mixture; cover tightly with foil.
- Bake 2 hours.
- Remove roast from pan onto heated platter; cover to keep warm.
- Pour mushroom mixture from pan into medium saucepan.
- Mix cornstarch and water; add to saucepan. Cook and stir on medium heat until mixture thickens and begins to boil, stirring frequently.
- Remove saucepan from heat; cover to keep warm. Slice roast.
- Serve with the mushroom sauce and noodles.

Nutrition Facts



Properties

Glycemic Index:10.88, Glycemic Load:3.51, Inflammation Score:-2, Nutrition Score:14.371738969956%

Nutrients (% of daily need)

Calories: 223.4kcal (11.17%), Fat: 6.28g (9.66%), Saturated Fat: 2.05g (12.84%), Carbohydrates: 12.79g (4.26%), Net Carbohydrates: 12.27g (4.46%), Sugar: 3.85g (4.27%), Cholesterol: 78.53mg (26.18%), Sodium: 243.65mg (10.59%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 27.12g (54.24%), Selenium: 39.71µg (56.73%), Vitamin B3: 8.35mg (41.76%), Vitamin B6: 0.77mg (38.55%), Vitamin B12: 2.13µg (35.5%), Zinc: 4.99mg (33.25%), Phosphorus: 279.4mg (27.94%), Vitamin B2: 0.25mg (14.78%), Iron: 2.59mg (14.41%), Potassium: 448.78mg (12.82%), Copper: 0.19mg (9.58%), Magnesium: 34.75mg (8.69%), Vitamin B1: 0.13mg (8.47%), Vitamin B5: 0.81mg (8.08%), Manganese: 0.11mg (5.68%), Folate: 19.46µg (4.86%), Vitamin E: 0.39mg (2.6%), Calcium: 25.71mg (2.57%), Fiber:

0.51g (2.05%), Vitamin K: 1.36 μ g (1.3%)