



Eye of Round Roast



Gluten Free



Dairy Free



Very Healthy

READY IN



60 min.

SERVINGS



4

CALORIES



616 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 4.5 pound eye of round roast
- ☐ 2 garlic cloves pressed
- ☐ 4 ounce sweet-hot mustard chinese
- ☐ 3 tablespoons olive oil
- ☐ 4 servings roasted potatoes uncooked
- ☐ 1 sprigs garnishes: rosemary sage sprigs fresh
- ☐ 2 teaspoons lite soy sauce
- ☐ 1 teaspoon worcestershire sauce

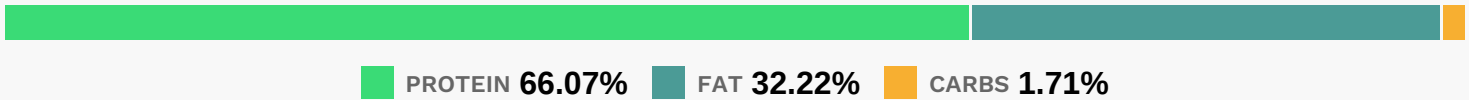
Equipment

- ☐ oven
- ☐ roasting pan
- ☐ aluminum foil

Directions

- ☐ Place roast on an 18- x 11-inch piece of heavy-duty aluminum foil.
- ☐ Stir together mustard and next 4 ingredients; spread over roast. Fold foil over roast to seal.
- ☐ Place in a shallow roasting pan, and chill at least 8 hours.
- ☐ Remove roast from foil; place in roasting pan.
- ☐ Bake, covered, at 450 for 20 minutes. Arrange uncooked Roasted Potatoes around roast, and bake, uncovered, 25 more minutes or until potatoes are tender and roast is done.
- ☐ Remove from oven; cover and let stand 15 minutes before slicing.
- ☐ Garnish, if desired.

Nutrition Facts



Properties

Glycemic Index:40.19, Glycemic Load:0.38, Inflammation Score:-6, Nutrition Score:44.637825934783%

Flavonoids

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

Nutrients (% of daily need)

Calories: 616.31kcal (30.82%), Fat: 22.19g (34.14%), Saturated Fat: 5.75g (35.94%), Carbohydrates: 2.65g (0.88%), Net Carbohydrates: 1.34g (0.49%), Sugar: 0.63g (0.7%), Cholesterol: 0mg (0%), Sodium: 718.88mg (31.26%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 102.37g (204.74%), Vitamin B6: 4.6mg (230.2%), Vitamin B3: 34.14mg (170.71%), Vitamin B12: 9.03µg (150.54%), Zinc: 21.45mg (142.98%), Selenium: 90.51µg (129.3%),

Phosphorus: 1135.45mg (113.54%), Vitamin B2: 1.41mg (82.65%), Iron: 12.29mg (68.27%), Vitamin B1: 0.87mg (58.12%), Potassium: 1944.42mg (55.55%), Copper: 1.08mg (53.8%), Magnesium: 138.25mg (34.56%), Vitamin B5: 3.32mg (33.23%), Manganese: 0.23mg (11.3%), Vitamin E: 1.61mg (10.76%), Vitamin K: 6.81µg (6.48%), Fiber: 1.3g (5.22%), Calcium: 44.08mg (4.41%), Vitamin C: 0.97mg (1.18%)