



Eye-of-Round Roast with Onion Sauce

 **Gluten Free**

READY IN

ready

45 min.

SERVINGS

servings

12

CALORIES

calories

190 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 3 pound beef eye-of-round roast
- ☐ 0.5 cup chablis wine dry white
- ☐ 1 tablespoon cornstarch
- ☐ 2 tablespoons dijon mustard
- ☐ 1 tablespoon parsley fresh minced
- ☐ 1 clove garlic minced
- ☐ 0.3 teaspoon ground pepper red
- ☐ 2 large onions separated thinly sliced

- ☐ 1 teaspoon rosemary dried whole crushed
- ☐ 1 cup skim milk
- ☐ 1 teaspoon thyme leaves dried whole
- ☐ 2 cups water
- ☐ 0.3 cup citrus champagne vinegar

Equipment

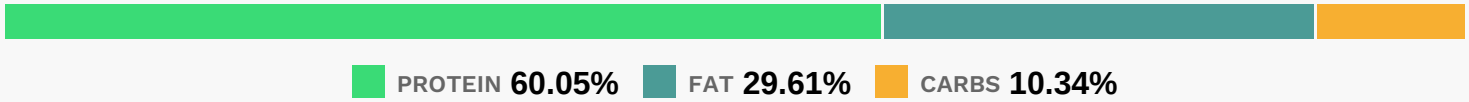
- ☐ oven
- ☐ kitchen thermometer
- ☐ aluminum foil
- ☐ dutch oven
- ☐ broiler pan

Directions

- ☐ Trim fat from roast.
- ☐ Place roast in a shallow dish.
- ☐ Combine wine and next 6 ingredients, stirring well.
- ☐ Pour mixture over roast. Cover and marinate in refrigerator 8 to 10 hours, turning occasionally.
- ☐ Remove roast from marinade, reserving marinade.
- ☐ Place roast on rack of a broiler pan coated with cooking spray. Insert meat thermometer into thickest part of roast, if desired.
- ☐ Pour water into broiler pan. Cover with aluminum foil, and bake at 450 for 20 minutes. Uncover and bake an additional 55 minutes or until meat thermometer registers 150 (medium-rare), basting roast frequently with marinade.
- ☐ Let roast stand 15 minutes; cut diagonally across grain into thin slices.
- ☐ Transfer sliced meat to a serving platter, and keep warm.
- ☐ Coat a Dutch oven with cooking spray; place over medium-high heat until hot.
- ☐ Add onion; cook 15 minutes or until tender, stirring frequently.
- ☐ Combine milk, cornstarch, and mustard, stirring until smooth. Gradually add milk mixture to onion, stirring constantly until thickened and bubbly. (

- ☐ Mixture will first appear curdled but will smooth out as it cooks.)
- ☐ Serve with roast.

Nutrition Facts



Properties

Glycemic Index:22.6, Glycemic Load:0.93, Inflammation Score:-4, Nutrition Score:14.326086961705%

Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.08mg, Catechin: 0.08mg, Catechin: 0.08mg, Catechin: 0.08mg Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg Hesperetin: 0.04mg, Hesperetin: 0.04mg, Hesperetin: 0.04mg, Hesperetin: 0.04mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Apigenin: 0.72mg, Apigenin: 0.72mg, Apigenin: 0.72mg, Apigenin: 0.72mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 5.08mg, Quercetin: 5.08mg, Quercetin: 5.08mg, Quercetin: 5.08mg

Nutrients (% of daily need)

Calories: 189.79kcal (9.49%), Fat: 5.77g (8.88%), Saturated Fat: 1.96g (12.24%), Carbohydrates: 4.53g (1.51%), Net Carbohydrates: 3.93g (1.43%), Sugar: 2.23g (2.48%), Cholesterol: 70.92mg (23.64%), Sodium: 103.6mg (4.5%), Alcohol: 1.03g (100%), Alcohol %: 0.6% (100%), Protein: 26.33g (52.66%), Selenium: 32.87µg (46.95%), Vitamin B6: 0.79mg (39.7%), Vitamin B3: 7.75mg (38.77%), Vitamin B12: 2.22µg (36.94%), Zinc: 4.9mg (32.66%), Phosphorus: 278.76mg (27.88%), Iron: 2.61mg (14.52%), Potassium: 474.54mg (13.56%), Vitamin B2: 0.22mg (12.91%), Vitamin B1: 0.14mg (9%), Magnesium: 35.47mg (8.87%), Vitamin K: 8.47µg (8.07%), Copper: 0.13mg (6.64%), Vitamin B5: 0.61mg (6.13%), Calcium: 60.87mg (6.09%), Folate: 20.99µg (5.25%), Manganese: 0.09mg (4.29%), Vitamin C: 2.48mg (3.01%), Vitamin E: 0.38mg (2.5%), Fiber: 0.6g (2.4%), Vitamin A: 92.79IU (1.86%), Vitamin D: 0.22µg (1.5%)