



Eye of Round Roast with Pan Juices

 **Gluten Free**  **Dairy Free**  **Low Fod Map**

READY IN



83 min.

SERVINGS



8

CALORIES



23 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.5 cup cooking wine dry red
- 1 eye of round roast trimmed
- 1 cup beef broth low-sodium
- 2 teaspoons olive oil
- 8 servings salt and pepper

Equipment

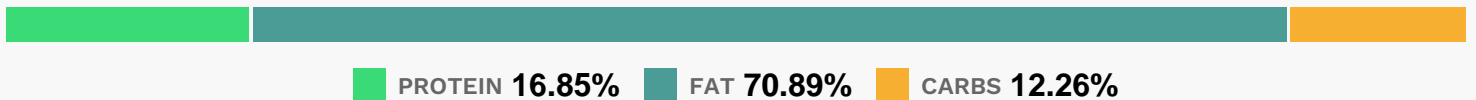
- frying pan
- oven

- roasting pan
- kitchen thermometer
- aluminum foil
- stove
- cutting board

Directions

- Preheat oven to 425F. Season roast all over with salt and pepper.
- Oil a roasting rack and place it in a roasting pan just large enough to hold the beef.
- Warm oil in a large skillet over medium-high heat.
- Add beef and cook, turning often, until lightly browned all over, 5 to 10 minutes.
- Transfer to rack and roast until a meat thermometer inserted into thickest part reads 125F for medium-rare, 50 to 55 minutes.
- Remove roast to a cutting board, tent with foil and allow to rest 10 minutes.
- Place roasting pan on stove over medium-high heat.
- Pour in wine and cook, stirring to pick any browned bits on bottom of pan, until liquid has reduced slightly, about 3 minutes.
- Pour in broth, increase heat to high and boil until thickened and syrupy, about 5 minutes.
- Slice roast against grain into 1/4-inch-thick slices. Arrange on a platter and spoon over some of juices.
- Serve additional juices on the side.

Nutrition Facts



Properties

Glycemic Index:0, Glycemic Load:0, Inflammation Score:-1, Nutrition Score:0.15956521657822%

Flavonoids

Petunidin: 0.5mg, Petunidin: 0.5mg, Petunidin: 0.5mg, Petunidin: 0.5mg Delphinidin: 0.63mg, Delphinidin: 0.63mg, Delphinidin: 0.63mg, Delphinidin: 0.63mg Malvidin: 3.94mg, Malvidin: 3.94mg, Malvidin: 3.94mg, Malvidin: 3.94mg

Peonidin: 0.28mg, Peonidin: 0.28mg, Peonidin: 0.28mg, Peonidin: 0.28mg Catechin: 1.15mg, Catechin: 1.15mg, Catechin: 1.15mg, Catechin: 1.15mg Epicatechin: 1.6mg, Epicatechin: 1.6mg, Epicatechin: 1.6mg, Epicatechin: 1.6mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg

Nutrients (% of daily need)

Calories: 23.29kcal (1.16%), Fat: 1g (1.54%), Saturated Fat: 0.14g (0.87%), Carbohydrates: 0.39g (0.13%), Net Carbohydrates: 0.39g (0.14%), Sugar: 0g (0%), Cholesterol: 0mg (0%), Sodium: 248.86mg (10.82%), Alcohol: 1.58g (100%), Alcohol %: 4.28% (100%), Protein: 0.54g (1.07%), Potassium: 60.51mg (1.73%)