



Eye-of-Round with Horseradish Cream

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

READY IN



45 min.

SERVINGS



16

CALORIES



162 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 2 teaspoons dijon mustard
- 1 cup cooking wine dry red
- 4 pound eye-of-round roast
- 1.5 tablespoons horseradish prepared
- 0.5 cup butter light melted
- 1 teaspoon pepper
- 1 tablespoon salt

Equipment

- frying pan
- oven
- kitchen thermometer
- aluminum foil
- ziploc bags

Directions

- Combine cream cheese, horseradish, and mustard; stir until smooth. Cover and chill.
- Combine wine and butter in a large heavy-duty zip-top plastic bag; add roast. Seal and chill at least 8 hours or up to 24 hours, turning occasionally.
- Preheat oven to 50
- Remove roast from marinade, discarding marinade.
- Place roast in a 13 x 9-inch pan lined with heavy-duty foil.
- Combine salt and pepper, and rub over surface of roast.
- Bake, uncovered, at 500 for 20 to 30 minutes. Turn oven off. Do not open oven door for 2 hours. Meat thermometer should register 145 (medium-rare) to 160 (medium). Thinly slice meat, reserving pan juices.
- Serve meat with pan juices and horseradish cream.
- carbo rating: 0

Nutrition Facts

PROTEIN 59.58% **FAT 38.68%** **CARBS 1.74%**

Properties

Glycemic Index:6.19, Glycemic Load:0.06, Inflammation Score:-3, Nutrition Score:12.745217435386%

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: 162.38kcal (8.12%), Fat: 6.55g (10.08%), Saturated Fat: 3.52g (21.98%), Carbohydrates: 0.66g (0.22%), Net
Carbohydrates: 0.56g (0.2%), Sugar: 0.12g (0.14%), Cholesterol: 7.95mg (2.65%), Sodium: 500.29mg (21.75%),
Alcohol: 1.58g (100%), Alcohol %: 1.43% (100%), Protein: 22.7g (45.4%), Vitamin B6: 1.02mg (50.76%), Vitamin B3:
7.53mg (37.65%), Vitamin B12: 2.02µg (33.61%), Zinc: 4.76mg (31.7%), Selenium: 18.25µg (26.07%), Phosphorus:
247.66mg (24.77%), Vitamin B2: 0.31mg (18.38%), Iron: 2.69mg (14.93%), Potassium: 427.64mg (12.22%), Vitamin B1:
0.18mg (12.17%), Copper: 0.17mg (8.33%), Vitamin B5: 0.72mg (7.19%), Magnesium: 28.5mg (7.12%), Vitamin A:
128.51IU (2.57%), Manganese: 0.03mg (1.7%), Calcium: 10.14mg (1.01%)