



Eye of Round With Roasted-Garlic Sauce



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



16

CALORIES



121 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 2 cups beef broth fat-free divided
- ☐ 1 tablespoon brandy
- ☐ 4 teaspoons marjoram dried divided
- ☐ 4 pound eye-of-round roast lean
- ☐ 3 garlic heads whole
- ☐ 8 garlic cloves peeled
- ☐ 0.5 teaspoon pepper
- ☐ 1 teaspoon salt divided

- ☐ 2 large shallots peeled

Equipment

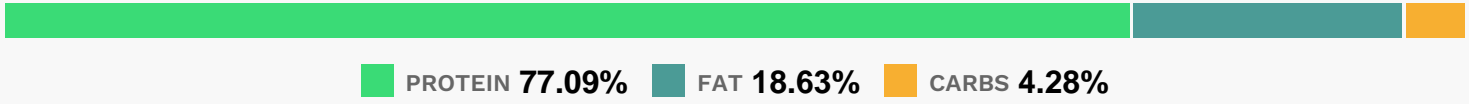
- ☐ food processor
- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ baking pan
- ☐ kitchen thermometer
- ☐ aluminum foil
- ☐ broiler pan

Directions

- ☐ Preheat oven to 350
- ☐ Remove white papery skin from garlic heads (do not peel or separate the cloves).
- ☐ Place garlic heads in a 1-quart baking dish; add 1/2 cup broth. Cover and bake at 350 for 1 hour. Cool 10 minutes; remove garlic heads, reserving cooking liquid. Separate cloves; squeeze to extract garlic pulp, and discard skins.
- ☐ Place reserved cooking liquid, garlic pulp, 1 1/2 cups broth, 1 teaspoon marjoram, and 1/2 teaspoon salt in a food processor; process until smooth. Set garlic sauce aside.
- ☐ Combine 3 teaspoons marjoram, 1/2 teaspoon salt, 8 garlic cloves, and shallots in a food processor; process to a coarse paste. Trim fat from roast; make 3/4-inch-deep slits into roast. Spoon 1/4 teaspoon marjoram paste into each slit; rub roast with remaining paste.
- ☐ Sprinkle roast with pepper. Cover and chill 1 hour.
- ☐ Preheat oven to 325
- ☐ Place roast on a broiler pan; insert meat thermometer into thickest portion of roast.
- ☐ Bake at 325 for 2 hours or until thermometer registers 145 (medium-rare) or desired degree of doneness.
- ☐ Place roast on a platter; cover with foil.
- ☐ Let stand 15 minutes. Set pan and drippings aside.

- ☐
- Add brandy and 1/2 cup garlic sauce to broiler pan, scraping the pan to loosen browned bits.
- ☐
- Combine brandy mixture and remaining garlic sauce in a saucepan; bring to a boil.
- ☐
- Cut roast across grain into very thin slices; serve with garlic sauce.
- ☐
- Note: Omit brandy, if desired

Nutrition Facts



Properties

Glycemic Index:8.56, Glycemic Load:0.33, Inflammation Score:-2, Nutrition Score:12.975217327557%

Flavonoids

Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 120.94kcal (6.05%), Fat: 2.46g (3.79%), Saturated Fat: 0.98g (6.1%), Carbohydrates: 1.27g (0.42%), Net Carbohydrates: 1.11g (0.4%), Sugar: 0.27g (0.3%), Cholesterol: 0mg (0%), Sodium: 306.47mg (13.32%), Alcohol: 0.31g (100%), Alcohol %: 0.26% (100%), Protein: 22.95g (45.89%), Vitamin B6: 1.05mg (52.62%), Vitamin B3: 7.77mg (38.87%), Vitamin B12: 2.03µg (33.8%), Zinc: 4.76mg (31.71%), Selenium: 18.46µg (26.37%), Phosphorus: 252.95mg (25.29%), Vitamin B2: 0.32mg (18.56%), Iron: 2.73mg (15.14%), Potassium: 452.34mg (12.92%), Vitamin B1: 0.19mg (12.47%), Copper: 0.17mg (8.68%), Vitamin B5: 0.74mg (7.43%), Magnesium: 29.18mg (7.3%), Manganese: 0.07mg (3.45%), Calcium: 12.09mg (1.21%), Vitamin C: 0.91mg (1.1%)