

Garlic Stuffed Roast

 Dairy Free

READY IN



495 min.

SERVINGS



4

CALORIES



292 kcal

SIDE DISH

Ingredients

- 1.5 pounds beef sirloin roast
- 10.8 ounce cream of mushroom soup canned
- 1 ounce onion soup mix dry
- 10 cloves garlic halved
- 2 tablespoons worcestershire sauce

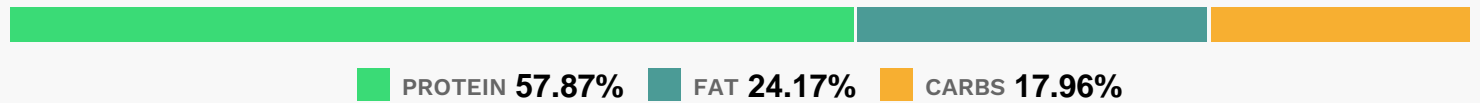
Equipment

- baking sheet
- oven

Directions

- Preheat oven to 250 degrees F (120 degrees C). Trim off any excess fat from roast. Make several deep slits and insert a half clove of garlic in each slit.
- Place roast in an aluminum oven pouch.
- Pour soup over roast. Then sprinkle soup mix over the roast followed by the Worcestershire sauce. Seal pouch tightly and place on a baking sheet.
- Bake in a preheated oven for 8 to 9 hours.

Nutrition Facts



Properties

Glycemic Index:7.5, Glycemic Load:0.7, Inflammation Score:-3, Nutrition Score:21.543478247264%

Flavonoids

Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg

Nutrients (% of daily need)

Calories: 292.48kcal (14.62%), Fat: 7.59g (11.67%), Saturated Fat: 2.88g (17.99%), Carbohydrates: 12.69g (4.23%), Net Carbohydrates: 11.91g (4.33%), Sugar: 1.25g (1.39%), Cholesterol: 97.36mg (32.45%), Sodium: 1319.8mg (57.38%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 40.88g (81.76%), Selenium: 50.45µg (72.07%), Vitamin B6: 1.23mg (61.65%), Vitamin B3: 11.72mg (58.59%), Zinc: 8.05mg (53.64%), Phosphorus: 398.92mg (39.89%), Vitamin B12: 2.25µg (37.47%), Iron: 4.23mg (23.49%), Potassium: 818.4mg (23.38%), Manganese: 0.42mg (21.16%), Copper: 0.38mg (19.09%), Vitamin B2: 0.32mg (18.57%), Vitamin B1: 0.21mg (13.71%), Vitamin B5: 1.32mg (13.18%), Magnesium: 51.69mg (12.92%), Calcium: 69.87mg (6.99%), Folate: 26.65µg (6.66%), Vitamin C: 3.69mg (4.47%), Vitamin E: 0.48mg (3.21%), Fiber: 0.78g (3.11%), Vitamin K: 2.18µg (2.08%)