



Grilled Beer-Marinated Rump Roast



Gluten Free



Dairy Free

READY IN



635 min.

SERVINGS



8

CALORIES



500 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 12 ounces beer canned
- ☐ 0.5 cup chili sauce
- ☐ 1 clove garlic finely chopped
- ☐ 0.5 cup onion chopped
- ☐ 0.3 teaspoon pepper
- ☐ 2 cups fries
- ☐ 3.5 pound top round beef roast
- ☐ 0.5 teaspoon salt

- ☐ 2 tablespoons vegetable oil

Equipment

- ☐ frying pan
- ☐ sauce pan
- ☐ grill
- ☐ kitchen thermometer
- ☐ aluminum foil
- ☐ ziploc bags

Directions

- ☐ In 1-quart saucepan, heat oil over medium-high heat. Cook onion and garlic in oil, stirring frequently, until onion is tender; remove from heat. Stir in chili sauce, salt, pepper and beer.
- ☐ Place beef in shallow glass or plastic dish or resealable food-storage plastic bag.
- ☐ Pour beer mixture over beef; turn beef to coat with marinade. Cover dish or seal bag and refrigerate, turning beef occasionally, at least 8 hours but no longer than 24 hours.
- ☐ Cover wood chips with water; soak 30 minutes. If using charcoal grill, place drip pan directly under grilling area, and arrange coals around edge of firebox.
- ☐ Heat coals or gas grill for indirect heat.
- ☐ Remove beef from marinade; reserve marinade. Insert spit rod lengthwise through center of beef; hold firmly in place with adjustable holding forks. Insert barbecue meat thermometer so tip is near center of beef but not touching spit rod.
- ☐ Drain wood chips.
- ☐ Add about 1/2 cup wood chips to medium-low coals or lava rock.
- ☐ Cover and grill beef on rotisserie over drip pan and 4 inches from medium-low heat about 2 hours for medium doneness (160F), brushing occasionally with marinade and adding 1/2 cup wood chips to coals or rock every 30 minutes.
- ☐ Remove spit rod, holding forks and thermometer. Discard any remaining marinade. Cover beef with foil and let stand 15 minutes before slicing.

Nutrition Facts



 **PROTEIN 38.72%**  **FAT 41.47%**  **CARBS 19.81%**

Properties

Glycemic Index:24.23, Glycemic Load:10.62, Inflammation Score:-5, Nutrition Score:26.06434786838%

Flavonoids

Catechin: 0.16mg, Catechin: 0.16mg, Catechin: 0.16mg, Catechin: 0.16mg Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg Kaempferol: 0.41mg, Kaempferol: 0.41mg, Kaempferol: 0.41mg, Kaempferol: 0.41mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 2.05mg, Quercetin: 2.05mg, Quercetin: 2.05mg, Quercetin: 2.05mg Gallocatechin: 0.03mg, Gallocatechin: 0.03mg, Gallocatechin: 0.03mg, Gallocatechin: 0.03mg

Nutrients (% of daily need)

Calories: 500.36kcal (25.02%), Fat: 22.15g (34.08%), Saturated Fat: 6.59g (41.19%), Carbohydrates: 23.82g (7.94%), Net Carbohydrates: 20.55g (7.47%), Sugar: 2.7g (3%), Cholesterol: 123.04mg (41.01%), Sodium: 777.11mg (33.79%), Alcohol: 1.66g (100%), Alcohol %: 0.63% (100%), Protein: 46.53g (93.06%), Selenium: 55.81µg (79.74%), Vitamin B3: 15.24mg (76.2%), Vitamin B6: 1.47mg (73.3%), Vitamin B12: 3.68µg (61.33%), Zinc: 8.5mg (56.7%), Phosphorus: 490.6mg (49.06%), Potassium: 1022.61mg (29.22%), Iron: 5.05mg (28.05%), Vitamin B2: 0.36mg (21.27%), Vitamin B1: 0.25mg (16.75%), Magnesium: 64.08mg (16.02%), Fiber: 3.26g (13.06%), Copper: 0.24mg (12.18%), Vitamin B5: 1.22mg (12.17%), Folate: 44.82µg (11.2%), Manganese: 0.19mg (9.65%), Vitamin K: 9.67µg (9.21%), Vitamin C: 7.31mg (8.86%), Vitamin E: 1.2mg (8.03%), Calcium: 51.49mg (5.15%), Vitamin A: 116.6IU (2.33%)