



Herb Crusted Chuck Roast

READY IN



110 min.

SERVINGS



6

CALORIES



550 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 3 pound beef chuck eye roast boneless
- 0.5 teaspoon rosemary dried crushed
- 1 teaspoon savory dried
- 0.3 cup bread crumbs dry
- 1 clove garlic minced
- 1 teaspoon ground mustard
- 1 teaspoon ground pepper black
- 3 tablespoons horseradish prepared
- 1 teaspoon juice of lemon

- 2 tablespoons olive oil
- 0.3 teaspoon salt
- 1 cup cup heavy whipping cream sour

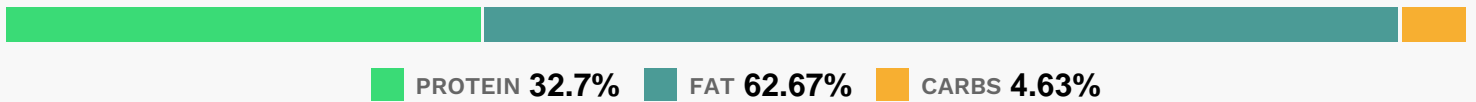
Equipment

- bowl
- oven
- roasting pan
- kitchen thermometer

Directions

- Preheat oven to 325 degrees F (165 degrees C).
- Mix bread crumbs, olive oil, garlic, ground mustard, savory, black pepper, and rosemary in a bowl; spread mixture over beef chuck roast.
- Transfer roast to a shallow roasting pan.
- Bake in preheated oven until beef begins to firm and is reddish-pink and juicy in the center, 1 1/2 to 2 hours. An instant-read thermometer inserted into the center should read 130 degrees F (54 degrees C). Allow roast to rest for 10 minutes before slicing and serving.
- Stir sour cream, horseradish, lemon juice, and salt in another bowl.
- Serve with sliced beef.

Nutrition Facts



Properties

Glycemic Index:27.83, Glycemic Load:0.3, Inflammation Score:-4, Nutrition Score:25.762608538503%

Flavonoids

Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 550.29kcal (27.51%), Fat: 38.57g (59.34%), Saturated Fat: 16.02g (100.16%), Carbohydrates: 6.41g (2.14%), Net Carbohydrates: 5.81g (2.11%), Sugar: 2.24g (2.48%), Cholesterol: 179.11mg (59.7%), Sodium: 357.23mg (15.53%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 45.28g (90.56%), Zinc: 17.34mg (115.61%), Vitamin B12: 6.29µg (104.8%), Selenium: 50.27µg (71.81%), Vitamin B3: 10.19mg (50.97%), Phosphorus: 471.68mg (47.17%), Vitamin B6: 0.9mg (45.23%), Iron: 5.1mg (28.34%), Vitamin B2: 0.42mg (24.43%), Potassium: 838.22mg (23.95%), Vitamin B5: 1.56mg (15.65%), Vitamin B1: 0.21mg (13.72%), Magnesium: 52.95mg (13.24%), Calcium: 93.59mg (9.36%), Vitamin E: 1.27mg (8.5%), Copper: 0.17mg (8.48%), Vitamin K: 7.75µg (7.38%), Manganese: 0.14mg (6.91%), Vitamin A: 271.59IU (5.43%), Folate: 19µg (4.75%), Vitamin C: 2.73mg (3.31%), Fiber: 0.6g (2.4%), Vitamin D: 0.23µg (1.51%)