



Herb-Rubbed Sirloin Tip Roast

 **Gluten Free**  **Dairy Free**

READY IN



105 min.

SERVINGS



6

CALORIES



326 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.5 teaspoon thyme leaves dried
- 1 teaspoon garlic powder
- 0.5 teaspoon ground pepper
- 0.5 teaspoon ground pepper black
- 1 tablespoon kosher salt
- 2 tablespoons olive oil
- 0.5 teaspoon onion powder
- 0.5 teaspoon oregano dried

- 1.3 tablespoons paprika
- 3 pound sirloin tip roast

Equipment

- bowl
- baking sheet
- oven
- aluminum foil

Directions

- In a small bowl, mix the paprika, kosher salt, garlic powder, black pepper, onion powder, cayenne pepper, oregano, and thyme. Stir in the olive oil, and allow the mixture to sit about 15 minutes.
- Preheat oven to 350 degrees F (175 degrees C). Line a baking sheet with aluminum foil.
- Place the roast on the prepared baking sheet, and cover on all sides with the spice mixture.
- Roast 1 hour in the preheated oven, or to a minimum internal temperature of 145 degrees F (63 degrees C).
- Let sit 15 minutes before slicing.

Nutrition Facts

 **PROTEIN 62.12%**  **FAT 35.78%**  **CARBS 2.1%**

Properties

Glycemic Index:14.83, Glycemic Load:0.1, Inflammation Score:-7, Nutrition Score:25.16043455834%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg

Nutrients (% of daily need)

Calories: 325.9kcal (16.3%), Fat: 12.51g (19.24%), Saturated Fat: 3.29g (20.57%), Carbohydrates: 1.65g (0.55%), Net Carbohydrates: 0.88g (0.32%), Sugar: 0.2g (0.22%), Cholesterol: 124.74mg (41.58%), Sodium: 1295.96mg (56.35%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 48.86g (97.71%), Selenium: 65.59µg (93.7%), Vitamin B6: 1.47mg (73.59%), Vitamin B3: 14.6mg (73.01%), Zinc: 9.47mg (63.14%), Vitamin B12: 2.84µg (47.25%), Phosphorus:

468.75mg (46.87%), Iron: 4.61mg (25.61%), Potassium: 813.8mg (23.25%), Vitamin B2: 0.33mg (19.43%), Vitamin A: 794.55IU (15.89%), Vitamin B5: 1.47mg (14.7%), Magnesium: 56.53mg (14.13%), Vitamin B1: 0.21mg (13.92%), Vitamin E: 1.8mg (12%), Copper: 0.24mg (11.98%), Vitamin K: 9.36µg (8.91%), Folate: 29.1µg (7.28%), Calcium: 55.72mg (5.57%), Manganese: 0.1mg (5.11%), Fiber: 0.77g (3.07%)