



 **83%**  
HEALTH SCORE

## Homemade Roast Beef Sandwich Au Jus

 Very Healthy

READY IN



170 min.

SERVINGS



4

CALORIES



1157 kcal

SAUCE

### Ingredients

- 1 bay leaf
- 4 pound beef eye round roast boneless
- 4 cups beef stock low-sodium
- 1 tablespoon peppercorns black
- 1 teaspoon coriander seeds
- 4 crusty hoagie rolls
- 2 tablespoons cooking sherry dry
- 2 sprigs rosemary fresh

- 1 tablespoon rosemary leaves fresh minced
- 4 sprigs thyme leaves fresh
- 1 tablespoon thyme leaves fresh minced
- 1 clove garlic
- 2 cloves garlic smashed
- 3 cloves garlic minced
- 1 teaspoon ground pepper black
- 8 slices gruyere cheese thick
- 1 teaspoon kosher salt
- 2 teaspoons kosher salt
- 2 tablespoons olive oil
- 8 ounces radishes thinly sliced
- 1 large shallots thinly sliced
- 1 star anise
- 2 tablespoons sugar
- 4 servings watercress for serving
- 1 cup citrus champagne vinegar

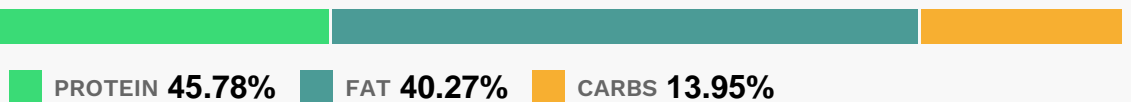
## Equipment

- bowl
- frying pan
- sauce pan
- oven
- plastic wrap
- roasting pan
- kitchen thermometer
- cutting board

## Directions

- Heat the oil over medium heat in a medium saucepan.
- Add the peppercorns, salt, thyme, garlic, rosemary and shallots. Cook the shallots, stirring occasionally, until they become translucent, 6 to 8 minutes.
- Add the sherry and simmer, a few minutes.
- Add the stock and simmer, 20 to 25 minutes.
- Remove the saucepan from the heat and strain the liquid. Keep warm.
- For the pickled radishes: Simmer 1/2 cup water, the vinegar, sugar, coriander seeds, salt, star anise, bay leaf and garlic. After 10 minutes of simmering, pour the mixture over the radishes in a heat-proof container and cool.
- Place the bottom halves of the rolls on a work surface.
- Place the sliced Homemade Roast Beef on the bottom. Top with 1 slice gruyere each, some pickled radishes and watercress. Cover with the tops of the rolls.
- Cut each sandwich in half, dunk into the au jus and realize sometimes leftovers are just better.
- Preheat the oven to 400 degrees F.
- Mix the rosemary, thyme, salt, pepper and garlic in a small bowl. Rub the mixture all over the roast, cover with plastic wrap and refrigerate, about 20 minutes.
- Heat the oil in a large heavy skillet over high heat. Wipe off the excess garlic and herbs and add the roast to the pan. Sear the roast on all sides, 2 to 3 minutes per side.
- Transfer the roast to a roasting pan with a rack. Roast until an instant-read thermometer inserted into the center registers 125 degrees F, about 50 minutes.
- Transfer the roast to a cutting board and let rest, about 10 minutes. Thinly slice the roast and serve.

## Nutrition Facts



### Properties

Glycemic Index:107.02, Glycemic Load:5.81, Inflammation Score:-10, Nutrition Score:59.365217550941%

### Flavonoids

Pelargonidin: 35.79mg, Pelargonidin: 35.79mg, Pelargonidin: 35.79mg, Pelargonidin: 35.79mg Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin:

0.04mg, Epicatechin: 0.04mg Hesperetin: 0.03mg, Hesperetin: 0.03mg, Hesperetin: 0.03mg, Hesperetin: 0.03mg  
Naringenin: 0.17mg, Naringenin: 0.17mg, Naringenin: 0.17mg, Naringenin: 0.17mg Apigenin: 0.08mg, Apigenin:  
0.08mg, Apigenin: 0.08mg, Apigenin: 0.08mg Luteolin: 1.27mg, Luteolin: 1.27mg, Luteolin: 1.27mg, Luteolin: 1.27mg  
Kaempferol: 8.33mg, Kaempferol: 8.33mg, Kaempferol: 8.33mg, Kaempferol: 8.33mg Myricetin: 0.14mg, Myricetin:  
0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg Quercetin: 10.28mg, Quercetin: 10.28mg, Quercetin: 10.28mg,  
Quercetin: 10.28mg

## **Nutrients (% of daily need)**

Calories: 1156.56kcal (57.83%), Fat: 50.1g (77.07%), Saturated Fat: 19.86g (124.15%), Carbohydrates: 39.03g  
(13.01%), Net Carbohydrates: 34.81g (12.66%), Sugar: 9.37g (10.41%), Cholesterol: 342.83mg (114.28%), Sodium:  
3164.12mg (137.57%), Alcohol: 0.77g (100%), Alcohol %: 0.1% (100%), Protein: 128.13g (256.26%), Selenium: 150.34µg  
(214.77%), Vitamin B3: 35.04mg (175.22%), Vitamin B6: 3.34mg (167.18%), Vitamin B12: 9.29µg (154.79%), Zinc:  
22.28mg (148.55%), Phosphorus: 1484.24mg (148.42%), Vitamin K: 102.99µg (98.08%), Calcium: 812.55mg (81.26%),  
Vitamin B2: 1.32mg (77.78%), Iron: 13mg (72.24%), Potassium: 2467.9mg (70.51%), Vitamin B1: 0.82mg (54.46%),  
Manganese: 1.02mg (51.12%), Magnesium: 184.99mg (46.25%), Copper: 0.79mg (39.3%), Vitamin C: 29.91mg  
(36.25%), Vitamin A: 1785.91IU (35.72%), Folate: 139.94µg (34.99%), Vitamin B5: 2.79mg (27.94%), Vitamin E:  
3.06mg (20.37%), Fiber: 4.22g (16.89%), Vitamin D: 0.34µg (2.24%)