



Italian Beef Roast

 **Gluten Free**  **Dairy Free**  **Low Fod Map**

READY IN



140 min.

SERVINGS



12

CALORIES



152 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 3 pounds sirloin beef tips boneless
- 1 tablespoons vegetable oil
- 0.7 ounce salad dressing dry italian ()

Equipment

- frying pan
- oven
- roasting pan
- kitchen thermometer

aluminum foil

Directions

Heat oven to 325°.

Place beef in shallow roasting pan.

Brush with oil; sprinkle evenly with dressing mix (dry). Insert meat thermometer so tip is in thickest part of beef.

Bake uncovered 1 1/2 to 2 hours or until thermometer reads 140°. Cover beef with aluminum foil and let stand about 15 minutes or until thermometer reads 145°. (Temperature will continue to rise about 5°, and beef will be easier to carve.)

Serve beef with pan drippings.

Nutrition Facts

 **PROTEIN 66.75%**  **FAT 32.7%**  **CARBS 0.55%**

Properties

Glycemic Index:0, Glycemic Load:0, Inflammation Score:-1, Nutrition Score:11.602608754097%

Nutrients (% of daily need)

Calories: 152.33kcal (7.62%), Fat: 5.28g (8.12%), Saturated Fat: 1.52g (9.51%), Carbohydrates: 0.2g (0.07%), Net Carbohydrates: 0.2g (0.07%), Sugar: 0.18g (0.2%), Cholesterol: 62.37mg (20.79%), Sodium: 82.19mg (3.57%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 24.25g (48.5%), Selenium: 32.69µg (46.7%), Vitamin B3: 7.21mg (36.07%), Vitamin B6: 0.71mg (35.66%), Zinc: 4.68mg (31.23%), Vitamin B12: 1.42µg (23.62%), Phosphorus: 230.45mg (23.04%), Iron: 2.02mg (11.24%), Potassium: 383.54mg (10.96%), Vitamin B2: 0.15mg (9.07%), Vitamin B5: 0.71mg (7.12%), Vitamin B1: 0.1mg (6.67%), Magnesium: 26.16mg (6.54%), Copper: 0.11mg (5.52%), Vitamin K: 4.26µg (4.05%), Folate: 13.61µg (3.4%), Vitamin E: 0.44mg (2.9%), Calcium: 22.89mg (2.29%)