



 **55%**
HEALTH SCORE

Italian Beef Sandwiches

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

READY IN



120 min.

SERVINGS



8

CALORIES



327 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 tablespoon pepper red crushed
- 6 cloves garlic
- 1 tablespoon coarsely ground pepper black
- 1 tablespoon oregano dried
- 4 pounds top round beef roast boneless
- 1 tablespoon salt
- 1 cup water

Equipment

- frying pan
- oven
- knife
- roasting pan
- stove

Directions

- Preheat oven to 250 degrees F (120 degrees C). Make slits in roast with a sharp knife, and insert garlic slivers.
- Place roast in a pan not much larger than the roast.
- Pour water into pan, and season roast with salt, black pepper, red pepper, and oregano.
- Cover, and bake in preheated oven for 2 hours, basting occasionally.
- Remove from oven, and let cool in roasting pan. Meat should be very rare. Wrap tightly and refrigerate overnight.
- The next day,
- Remove roast from pan, and slice as thinly as possible.
- Add a little water to roasting pan, and heat on stovetop, but do not boil. Stir to blend seasonings. When au jus is hot, add sliced beef just long enough to heat through.
- Serve on crusty Italian bread with au jus available for dipping.

Nutrition Facts

PROTEIN 64.53% **FAT 32.73%** **CARBS 2.74%**

Properties

Glycemic Index:8.38, Glycemic Load:0.31, Inflammation Score:-7, Nutrition Score:26.415652083314%

Flavonoids

Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 327.23kcal (16.36%), Fat: 11.45g (17.62%), Saturated Fat: 3.9g (24.38%), Carbohydrates: 2.15g (0.72%), Net Carbohydrates: 1.3g (0.47%), Sugar: 0.12g (0.14%), Cholesterol: 140.61mg (46.87%), Sodium: 1017.63mg (44.24%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 50.81g (101.61%), Selenium: 63.41µg (90.59%), Vitamin B3: 15.49mg (77.47%), Vitamin B6: 1.54mg (76.93%), Vitamin B12: 4.2µg (69.93%), Zinc: 9.53mg (63.57%), Phosphorus: 496.16mg (49.62%), Iron: 5.19mg (28.85%), Potassium: 819.92mg (23.43%), Vitamin B2: 0.38mg (22.32%), Magnesium: 59.77mg (14.94%), Vitamin B1: 0.22mg (14.66%), Copper: 0.26mg (12.92%), Manganese: 0.22mg (10.77%), Vitamin B5: 1.03mg (10.27%), Vitamin K: 8.93µg (8.5%), Vitamin E: 1.19mg (7.9%), Folate: 31.44µg (7.86%), Calcium: 65.19mg (6.52%), Vitamin A: 311.44IU (6.23%), Fiber: 0.85g (3.4%)