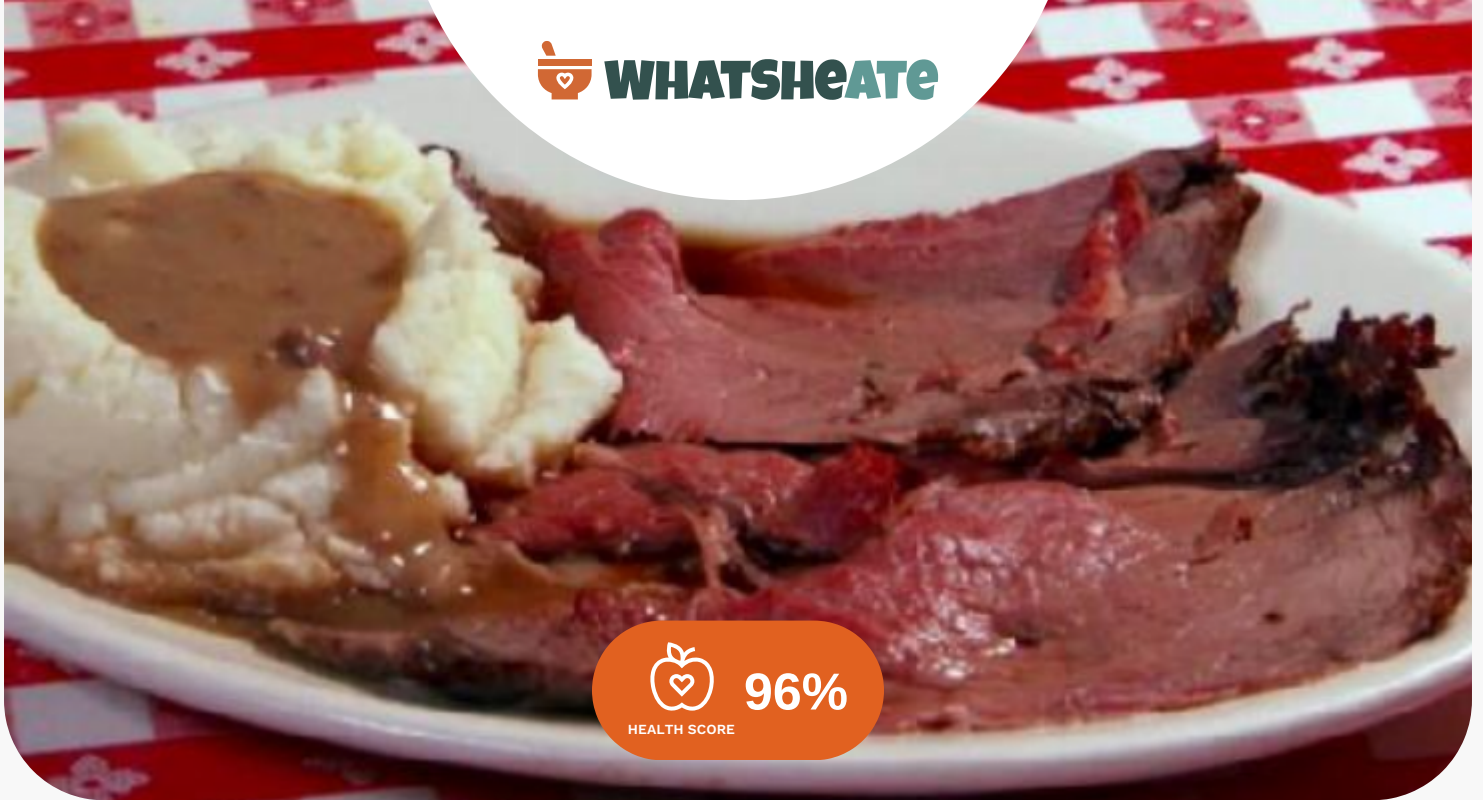




## Italian Roast Beef



Gluten Free



Dairy Free



Very Healthy

READY IN



160 min.

SERVINGS



10

CALORIES



374 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- ☐ 5 pound roast beef round
- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 0.5 cup basil dried
- ☐ 0.5 cup sea salt
- ☐ 0.3 cup granulated onion
- ☐ 0.5 cup kosher salt
- ☐ 0.5 cup olive oil extra-virgin
- ☐ 0.5 cup oregano dried

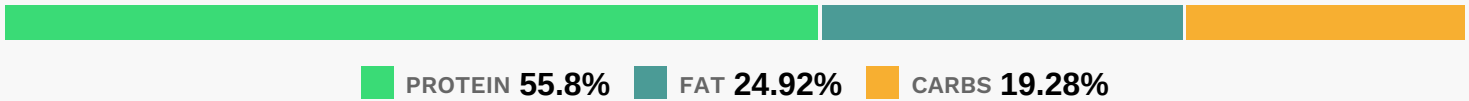
## Equipment

- ☐ frying pan
- ☐ oven
- ☐ roasting pan
- ☐ kitchen thermometer
- ☐ cutting board

## Directions

- ☐ Preheat the oven to 300 degrees F.
- ☐ Combine all the seasoning ingredients in a medium jar.
- ☐ Trim all the fat from beef round. (I grind the trimmings), but you can cut them up into bite-size pieces and arrange on the bottom of a roasting pan.
- ☐ Sprinkle the trimmings with some of the seasoning mix.
- ☐ Put the roast beef on top of the trimmings and coat the beef well with more of the seasoning mix.
- ☐ Drizzle olive oil on top of the roast and pat the oil over the seasonings.
- ☐ Put the pan into the preheated oven on the lowest rack and roast approximately 1 1/2 to 2 hours, uncovered, until the internal temperature registers \*130 degrees F on an instant-read thermometer.
- ☐ Remove from oven to a cutting board and let rest about 20 to 30 minutes before carving. This roast can be used for sandwiches, thinly cut or thickly cut and served with beef gravy, if desired.

## Nutrition Facts



## Properties

Glycemic Index:4.2, Glycemic Load:0.41, Inflammation Score:-10, Nutrition Score:44.925652462503%

## Flavonoids

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

Nutrients (% of daily need)

Calories: 373.83kcal (18.69%), Fat: 10.8g (16.61%), Saturated Fat: 3.35g (20.93%), Carbohydrates: 18.79g (6.26%), Net Carbohydrates: 11.82g (4.3%), Sugar: 0.77g (0.86%), Cholesterol: 129.27mg (43.09%), Sodium: 9090.7mg (395.25%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 54.4g (108.8%), Vitamin K: 219.28µg (208.84%), Vitamin C: 102.99mg (124.84%), Calcium: 961.99mg (96.2%), Iron: 17.11mg (95.05%), Vitamin B3: 17.65mg (88.23%), Manganese: 1.49mg (74.73%), Vitamin B6: 1.31mg (65.32%), Vitamin B12: 3.86µg (64.26%), Zinc: 9.57mg (63.81%), Phosphorus: 531.59mg (53.16%), Magnesium: 150.66mg (37.67%), Potassium: 1146.45mg (32.76%), Fiber: 6.97g (27.9%), Selenium: 18.9µg (26.99%), Vitamin B2: 0.45mg (26.62%), Copper: 0.51mg (25.33%), Folate: 70.33µg (17.58%), Vitamin E: 2.1mg (14.01%), Vitamin B1: 0.18mg (11.99%), Vitamin B5: 0.91mg (9.1%), Vitamin A: 129.11IU (2.58%)