



Italian Roast Beef II

 Gluten Free  Dairy Free

READY IN



210 min.

SERVINGS



8

CALORIES



444 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 3 pounds beef chuck
- 3 cloves garlic minced
- 8 servings ground pepper black to taste
- 16 ounce salad dressing italian-style

Equipment

- oven
- mixing bowl
- baking pan

aluminum foil

Directions

- Place roast into a stainless steel or glass mixing bowl.
- Pour dressing over the roast, and turn to coat. Cover, and refrigerate for 24 hours.
- Preheat oven to 285 degrees F (140 degrees C).
- Line a 13x9 inch baking dish with aluminum foil.
- Place the marinated roast in the dish. Rub the garlic and pepper into the meat.
- Pour any leftover marinade over the roast.
- Bake at 285 degrees F (140 degrees C) for 1 1/2 hours. Increase heat to 375 degrees F (190 degrees C), and continue baking for an additional 2 hours.
- Remove roast from oven, and cover with foil.
- Let sit for 15 minutes before serving.

Nutrition Facts



Properties

Glycemic Index:7.75, Glycemic Load:0.12, Inflammation Score:-2, Nutrition Score:20.075651755152%

Flavonoids

Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 444.18kcal (22.21%), Fat: 31.5g (48.46%), Saturated Fat: 10.25g (64.07%), Carbohydrates: 7.3g (2.43%), Net Carbohydrates: 7.25g (2.64%), Sugar: 6.14g (6.82%), Cholesterol: 117.37mg (39.12%), Sodium: 701.01mg (30.48%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 32.94g (65.88%), Zinc: 12.85mg (85.63%), Vitamin B12: 4.64µg (77.39%), Selenium: 36.34µg (51.91%), Vitamin B3: 7.44mg (37.19%), Vitamin B6: 0.7mg (35.1%), Phosphorus: 331.87mg (33.19%), Vitamin K: 34.49µg (32.84%), Iron: 3.71mg (20.63%), Potassium: 618.19mg (17.66%), Vitamin B2: 0.25mg (14.59%), Vitamin B5: 1.05mg (10.53%), Vitamin E: 1.57mg (10.45%), Magnesium: 35.61mg (8.9%), Vitamin B1: 0.13mg (8.4%), Copper: 0.12mg (5.96%), Calcium: 38.77mg (3.88%), Manganese: 0.07mg (3.31%), Folate: 5.15µg (1.29%), Vitamin D: 0.17µg (1.13%)