



Oven-Baked Marinated Beef Roast

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

READY IN



600 min.

SERVINGS



8

CALORIES



199 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.8 cup chili sauce
- 0.3 cup red wine vinegar
- 2 tablespoons sugar
- 2 tablespoons soya sauce
- 0.5 teaspoon highest available proof grain spirit
- 0.5 teaspoon ginger
- 2 lb top round beef roast

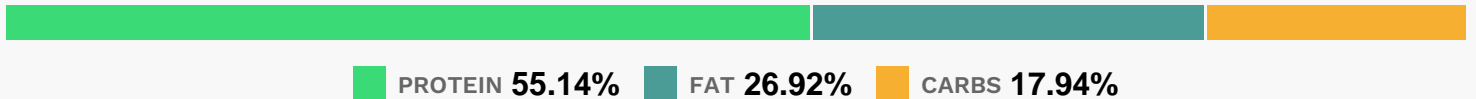
Equipment

- sauce pan
- oven
- roasting pan
- ziploc bags

Directions

- In large resealable food storage plastic bag, combine all ingredients except roast; mix well.
- Add roast; seal bag and turn to coat. Refrigerate at least 8 hours or overnight to marinate.
- Heat oven to 325°F.
- Remove beef from marinade; reserve marinade.
- Place beef in shallow roasting pan.
- Bake at 325°F. for 1 1/2 to 1 3/4 hours or until of desired doneness, brushing occasionally with marinade.
- To serve, bring any remaining marinade to a boil in small saucepan. To serve, slice beef thinly; serve with marinade.

Nutrition Facts



Properties

Glycemic Index:19.51, Glycemic Load:2.25, Inflammation Score:-3, Nutrition Score:13.908260791198%

Nutrients (% of daily need)

Calories: 199.17kcal (9.96%), Fat: 5.72g (8.8%), Saturated Fat: 1.94g (12.12%), Carbohydrates: 8.58g (2.86%), Net Carbohydrates: 7.91g (2.88%), Sugar: 6.48g (7.2%), Cholesterol: 70.31mg (23.44%), Sodium: 658.49mg (28.63%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 26.36g (52.72%), Selenium: 31.76µg (45.37%), Vitamin B3: 8.27mg (41.36%), Vitamin B6: 0.79mg (39.59%), Vitamin B12: 2.1µg (34.96%), Zinc: 4.8mg (31.99%), Phosphorus: 264.94mg (26.49%), Iron: 2.69mg (14.94%), Potassium: 495.73mg (14.16%), Vitamin B2: 0.21mg (12.21%), Vitamin B1: 0.13mg (8.77%), Magnesium: 32.98mg (8.25%), Copper: 0.15mg (7.67%), Vitamin E: 0.83mg (5.56%), Vitamin B5: 0.51mg (5.15%), Vitamin C: 4.14mg (5.02%), Folate: 18.16µg (4.54%), Vitamin A: 174.1IU (3.48%), Calcium: 28.13mg (2.81%), Fiber: 0.67g (2.69%), Vitamin K: 2.7µg (2.57%), Manganese: 0.05mg (2.31%)