



Oven-Baked Marinated Beef Roast

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

READY IN



600 min.

SERVINGS



8

CALORIES



198 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 lb top round beef roast
- 0.8 cup chili sauce
- 0.5 teaspoon ginger
- 0.5 teaspoon garlic
- 0.3 cup red wine vinegar
- 2 tablespoons soya sauce
- 2 tablespoons sugar

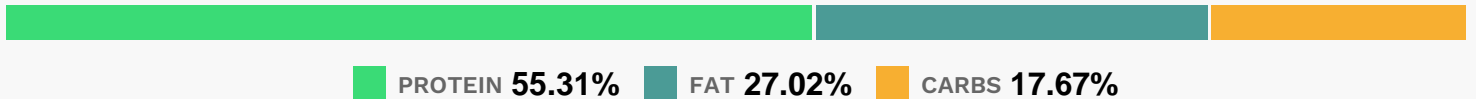
Equipment

- 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 325F.
- Remove beef from marinade; reserve marinade.
- Place beef in shallow roasting pan.
- Bake at 325F. 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:16.26, Glycemic Load:2.15, Inflammation Score:-3, Nutrition Score:13.883912957233%

Nutrients (% of daily need)

Calories: 198.35kcal (9.92%), Fat: 5.72g (8.8%), Saturated Fat: 1.94g (12.12%), Carbohydrates: 8.41g (2.8%), Net Carbohydrates: 7.75g (2.82%), Sugar: 6.48g (7.2%), Cholesterol: 70.31mg (23.44%), Sodium: 658.5mg (28.63%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 26.33g (52.65%), Selenium: 31.77µg (45.39%), Vitamin B3: 8.25mg (41.26%), Vitamin B6: 0.79mg (39.65%), Vitamin B12: 2.1µg (34.96%), Zinc: 4.78mg (31.89%), Phosphorus: 263.89mg (26.39%), Iron: 2.69mg (14.93%), Potassium: 495.17mg (14.15%), Vitamin B2: 0.21mg (12.18%), Vitamin B1: 0.13mg (8.77%), Magnesium: 32.49mg (8.12%), Copper: 0.15mg (7.61%), Vitamin E: 0.83mg (5.55%), Vitamin B5: 0.51mg (5.13%), Vitamin C: 4.2mg (5.09%), Folate: 17.87µg (4.47%), Vitamin A: 174.05IU (3.48%), Calcium: 28.4mg (2.84%), Fiber: 0.66g (2.63%), Vitamin K: 2.69µg (2.57%), Manganese: 0.05mg (2.27%)