



Peppered Rib-Eye Roast



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



12

CALORIES



231 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1.5 tablespoons cornstarch
- ☐ 5 pound eye of round roast trimmed
- ☐ 3 garlic cloves minced
- ☐ 0.5 teaspoon ground cardamom
- ☐ 1 teaspoon paprika
- ☐ 0.8 cup red wine vinegar
- ☐ 1 cup soya sauce
- ☐ 1 tablespoon tomato paste

- ☐ 0.3 cup water
- ☐ 0.5 cup coarsely ground peppercorns assorted

Equipment

- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ roasting pan
- ☐ aluminum foil

Directions

- ☐ Stir together first 5 ingredients.
- ☐ Combine peppercorns and ground cardamom; press into roast.
- ☐ Place roast in a shallow dish; pour marinade over roast. Cover and chill 8 hours, turning roast occasionally.
- ☐ Remove roast from marinade, reserving 1 cup marinade. Wrap roast in aluminum foil, sealing well; place in a shallow roasting pan.
- ☐ Bake at 300 for 2 hours or until done.
- ☐ Remove from oven; unwrap foil, and drain, reserving juices. Increase oven temperature to 350; return roast to pan, and bake 15 minutes.
- ☐ Combine 1/4 cup water and cornstarch in a saucepan, stirring until mixture is smooth. Stir in reserved juices and reserved 1 cup marinade.
- ☐ Bring to a boil over medium heat, stirring constantly; boil, stirring constantly, 1 minute. Stir in mushrooms, if desired.
- ☐ Serve with roast.
- ☐ Prep: 15 min.; Chill: 8 hrs.;
- ☐ Bake: 2 hrs., 15 min.; Cook: 3 min.

Nutrition Facts



 **PROTEIN 68.35%**  **FAT 16.5%**  **CARBS 15.15%**

Properties

Glycemic Index:11.83, Glycemic Load:1.52, Inflammation Score:-5, Nutrition Score:27.49304378551%

Flavonoids

Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 231.15kcal (11.56%), Fat: 4.35g (6.69%), Saturated Fat: 1.71g (10.69%), Carbohydrates: 8.98g (2.99%), Net Carbohydrates: 6.17g (2.24%), Sugar: 0.58g (0.64%), Cholesterol: 0mg (0%), Sodium: 1175.52mg (51.11%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 40.51g (81.02%), Vitamin B6: 1.77mg (88.55%), Manganese: 1.42mg (71.22%), Vitamin B3: 13.47mg (67.35%), Vitamin B12: 3.35µg (55.75%), Zinc: 8.1mg (53.99%), Phosphorus: 451.3mg (45.13%), Selenium: 30.71µg (43.88%), Vitamin B2: 0.56mg (33.09%), Iron: 5.88mg (32.66%), Potassium: 892.73mg (25.51%), Copper: 0.44mg (22.04%), Vitamin B1: 0.33mg (21.7%), Magnesium: 71.86mg (17.97%), Vitamin K: 16.44µg (15.65%), Vitamin B5: 1.41mg (14.12%), Fiber: 2.81g (11.24%), Calcium: 58.7mg (5.87%), Vitamin A: 156.41IU (3.13%), Vitamin E: 0.21mg (1.39%), Folate: 5.42µg (1.35%)