



Roast Beef and Onions



Gluten Free



Dairy Free



Very Healthy

READY IN



45 min.

SERVINGS



8

CALORIES



347 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 8 servings kosher salt and pepper
- ☐ 1 tablespoon olive oil
- ☐ 4 small onions quartered
- ☐ 4 pound top round beef roast boneless

Equipment

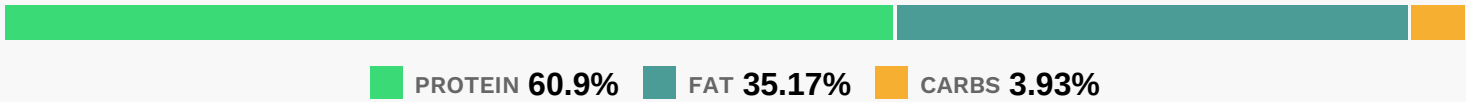
- ☐ oven
- ☐ roasting pan
- ☐ aluminum foil

☐ cutting board

Directions

- ☐ Heat oven to 375 F. In a roasting pan, toss the onions, oil, 1/2 teaspoon salt, and 1/2 teaspoon pepper. Push the onions to the edges of the pan. Season the beef with 1 teaspoon each salt and pepper and place in the center of the pan. Roast the beef to the desired doneness, 65 to 80 minutes for medium-rare (remove from oven when the internal temperature registers 125 F).
- ☐ Transfer the beef to a cutting board, tent loosely with foil, and let rest for at least 15 minutes. Slice and serve with the onions.

Nutrition Facts



Properties

Glycemic Index:3.38, Glycemic Load:0.72, Inflammation Score:-4, Nutrition Score:25.35478264393%

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 Isorhamnetin: 1.75mg, Isorhamnetin: 1.75mg, Isorhamnetin: 1.75mg, Isorhamnetin: 1.75mg Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 7.11mg, Quercetin: 7.11mg, Quercetin: 7.11mg, Quercetin: 7.11mg

Nutrients (% of daily need)

Calories: 346.98kcal (17.35%), Fat: 13.03g (20.05%), Saturated Fat: 4.11g (25.68%), Carbohydrates: 3.27g (1.09%), Net Carbohydrates: 2.67g (0.97%), Sugar: 1.48g (1.65%), Cholesterol: 140.61mg (46.87%), Sodium: 322.23mg (14.01%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 50.78g (101.56%), Selenium: 63µg (90%), Vitamin B3: 15.37mg (76.83%), Vitamin B6: 1.52mg (76.15%), Vitamin B12: 4.2µg (69.93%), Zinc: 9.49mg (63.3%), Phosphorus: 497.76mg (49.78%), Iron: 4.76mg (26.43%), Potassium: 824.53mg (23.56%), Vitamin B2: 0.37mg (21.9%), Vitamin B1: 0.23mg (15.13%), Magnesium: 57.94mg (14.48%), Copper: 0.24mg (11.8%), Vitamin B5: 1.03mg (10.32%), Folate: 36.13µg (9.03%), Vitamin E: 0.94mg (6.26%), Calcium: 51.28mg (5.13%), Manganese: 0.08mg (3.87%), Vitamin K: 3.92µg (3.73%), Vitamin C: 2.59mg (3.14%), Fiber: 0.6g (2.38%)