



HEALTH SCORE

67%

Roast Beef With Balsamic Glazed Carrots



Gluten Free



Dairy Free



Very Healthy



Low Fod Map

READY IN



60 min.

SERVINGS



8

CALORIES



269 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 tablespoons balsamic vinegar
- ☐ 2.5 pound bottom-round beef rump roast trimmed
- ☐ 0.8 teaspoon pepper black divided freshly ground
- ☐ 1.5 pounds carrots halved lengthwise halved (12 medium)
- ☐ 2 tablespoons flat parsley chopped
- ☐ 0.5 teaspoon ground cumin
- ☐ 1 teaspoon kosher salt divided
- ☐ 2 tablespoons olive oil

☐ 2 tablespoons water

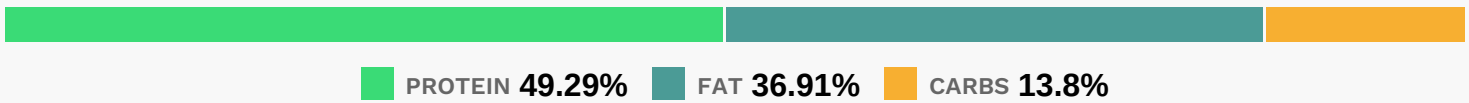
Equipment

- ☐ frying pan
- ☐ oven
- ☐ baking pan
- ☐ roasting pan
- ☐ kitchen thermometer
- ☐ cutting board

Directions

- ☐ Position oven racks in upper and lower thirds of oven and preheat to 50
- ☐ Pat roast dry and sprinkle all over with 1/2 teaspoon salt and 1/2 teaspoon pepper.
- ☐ Place in roasting pan, fat side up. Insert leave-in thermometer into the center of meat. Cook in lower third of oven for 20 minutes.
- ☐ Toss carrots with oil, water, cumin, and remaining salt and pepper. Arrange in an even layer in a large baking dish.
- ☐ After beef has roasted 20 minutes, turn oven down to 325 and place carrots in upper third of oven. Roast carrots until tender and continue roasting beef until thermometer registers 125 (35–40 minutes).
- ☐ Transfer roast to a cutting board; let stand, uncovered, 10–15 minutes. (Make sure internal temp rises to 130 for medium-rare.)
- ☐ Remove carrots from oven and sprinkle with balsamic, shaking pan to distribute vinegar. Thinly slice meat across the grain.
- ☐ Sprinkle parsley over carrots, and serve alongside beef.

Nutrition Facts



Properties

Glycemic Index:20.73, Glycemic Load:3.08, Inflammation Score:-10, Nutrition Score:24.337391293567%

Flavonoids

Apigenin: 2.16mg, Apigenin: 2.16mg, Apigenin: 2.16mg, Apigenin: 2.16mg Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg Myricetin: 0.18mg, Myricetin: 0.18mg, Myricetin: 0.18mg, Myricetin: 0.18mg Quercetin: 0.18mg, Quercetin: 0.18mg, Quercetin: 0.18mg, Quercetin: 0.18mg

Nutrients (% of daily need)

Calories: 269.08kcal (13.45%), Fat: 10.78g (16.58%), Saturated Fat: 2.92g (18.28%), Carbohydrates: 9.07g (3.02%), Net Carbohydrates: 6.59g (2.4%), Sugar: 4.64g (5.16%), Cholesterol: 87.88mg (29.29%), Sodium: 430.73mg (18.73%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 32.38g (64.76%), Vitamin A: 14295.07IU (285.9%), Selenium: 39.37µg (56.24%), Vitamin B6: 1.04mg (52.25%), Vitamin B3: 10.43mg (52.17%), Vitamin B12: 2.62µg (43.71%), Zinc: 6.12mg (40.83%), Phosphorus: 336.78mg (33.68%), Vitamin K: 31.75µg (30.24%), Potassium: 770.36mg (22.01%), Iron: 3.39mg (18.83%), Vitamin B2: 0.28mg (16.34%), Vitamin B1: 0.19mg (12.65%), Magnesium: 46.03mg (11.51%), Vitamin E: 1.5mg (10.03%), Fiber: 2.47g (9.9%), Copper: 0.18mg (9.21%), Folate: 36.15µg (9.04%), Manganese: 0.18mg (8.86%), Vitamin B5: 0.86mg (8.57%), Vitamin C: 6.36mg (7.71%), Calcium: 59.78mg (5.98%)