



Roast Beef with Dijon-Caper Sauce

READY IN



45 min.

SERVINGS



6

CALORIES



349 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 tablespoon flour
- ☐ 3 pound top round beef roast trimmed
- ☐ 1 tablespoon butter
- ☐ 2 tablespoons capers drained
- ☐ 2 tablespoons dijon mustard
- ☐ 1 teaspoon basil dried
- ☐ 1 teaspoon thyme dried
- ☐ 2 cups beef broth
- ☐ 0.5 teaspoon pepper freshly ground

☐ 0.5 teaspoon salt

Equipment

☐ bowl

☐ frying pan

☐ oven

☐ whisk

☐ kitchen thermometer

☐ cutting board

Directions

☐ Sprinkle beef with 1/2teaspoon salt; let stand 1 hour.

☐ Preheat oven to 350°F.

☐ Mix thyme,basil, and 1/2 teaspoon pepper in small bowl.

☐ Heat oil in large oven-proof skillet overmedium-high heat.

☐ Add beef; cook untilbrowned on all sides, turning occasionally,about 10 minutes.

☐ Sprinkle with herbmixture.

☐ Transfer skillet to oven. Roast untilinstant-read thermometer inserted intocenter of meat registers 130°F, about 40minutes.

☐ Transfer to cutting board; let rest.

☐ Place skillet with juices overmedium-high heat.

☐ Add butter; stir untilmelted.

☐ Add flour; whisk until smooth.Gradually whisk in broth; bring to boil. Boiluntil sauce is reduced to 1 1/4 cups, whiskingoften, about 6 minutes.

☐ Whisk in mustardand capers. Season sauce with pepper.

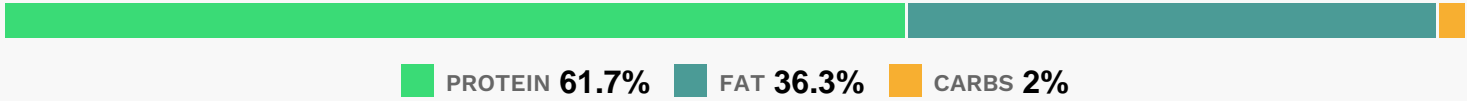
☐ Cut beef crosswise into very thin slices.

☐ Transfer beef to platter.

☐ Serve with sauce.

- ☐ Eye of round is not themost tender cut of beef. For the best flavorand texture, be sure to slice it very thinly.
- ☐ With the beef, pour afull-bodied Syrah blend. One to try: Châteaude Jau 2007 "Le Jaja de Jau" (\$11).

Nutrition Facts



Properties

Glycemic Index:31.5, Glycemic Load:0.73, Inflammation Score:-5, Nutrition Score:26.252174171417%

Flavonoids

Kaempferol: 3.5mg, Kaempferol: 3.5mg, Kaempferol: 3.5mg, Kaempferol: 3.5mg Quercetin: 4.6mg, Quercetin: 4.6mg, Quercetin: 4.6mg, Quercetin: 4.6mg

Nutrients (% of daily need)

Calories: 349.32kcal (17.47%), Fat: 13.55g (20.84%), Saturated Fat: 5.17g (32.32%), Carbohydrates: 1.68g (0.56%), Net Carbohydrates: 1.17g (0.43%), Sugar: 0.09g (0.1%), Cholesterol: 145.63mg (48.54%), Sodium: 762.52mg (33.15%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 51.8g (103.6%), Selenium: 65.58µg (93.69%), Vitamin B3: 16.09mg (80.44%), Vitamin B6: 1.5mg (74.86%), Vitamin B12: 4.26µg (70.93%), Zinc: 9.51mg (63.4%), Phosphorus: 506.64mg (50.66%), Iron: 5.36mg (29.8%), Potassium: 835.03mg (23.86%), Vitamin B2: 0.4mg (23.33%), Vitamin B1: 0.23mg (15.57%), Magnesium: 61.47mg (15.37%), Copper: 0.25mg (12.25%), Vitamin B5: 1.03mg (10.32%), Vitamin K: 9.61µg (9.15%), Folate: 35.41µg (8.85%), Manganese: 0.12mg (6.12%), Calcium: 60.6mg (6.06%), Vitamin E: 0.81mg (5.39%), Fiber: 0.5g (2%), Vitamin A: 74.03IU (1.48%)