



Roast Beef with Oven-Roasted Tomato Salsa



Gluten Free



Dairy Free



Low Fod Map

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READY IN

ready

165 min.

SERVINGS

servings

30

CALORIES

calories

66 kcal

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ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 2 tablespoons aged balsamic vinegar
- ☐ 0.3 teaspoon allspice
- ☐ 1 beef eye of round roast trimmed
- ☐ 0.5 tablespoon coriander seeds
- ☐ 30 servings kosher salt
- ☐ 1 tablespoon olive oil extra-virgin
- ☐ 2 tablespoons parsley chopped
- ☐ 30 servings pepper freshly ground

- ☐ 3 pounds plum tomatoes sliced
- ☐ 1.5 teaspoons sugar
- ☐ 2 teaspoons thyme leaves whole chopped
- ☐ 1 tablespoon vegetable oil
- ☐ 30 servings watercress for garnish
- ☐ 0.5 tablespoon mustard seeds yellow

Equipment

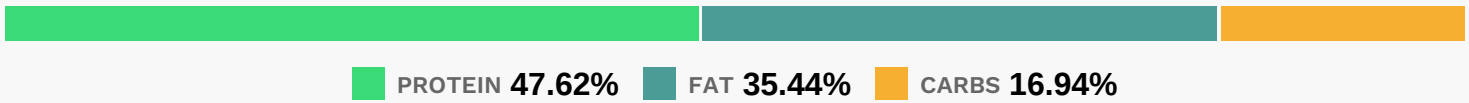
- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ oven
- ☐ kitchen thermometer

Directions

- ☐ Preheat the oven to 25
- ☐ On 2 large rimmed baking sheets, toss the tomato slices with the oil. Arrange in a single layer, season with salt and pepper and sprinkle with the thyme leaves.
- ☐ Bake for about 1 hour and 30 minutes, until the tomatoes are very firm and partially dried; rotate the sheets halfway through baking.
- ☐ Let the tomatoes cool slightly, then coarsely chop them.
- ☐ In a bowl, combine the chopped tomatoes, chopped thyme, parsley and the balsamic vinegar. Season with salt and pepper.
- ☐ In a small skillet, toast the mustard and coriander seeds with the allspice berries over moderate heat until fragrant and lightly browned, about 1 1/2 minutes.
- ☐ Transfer to a spice grinder and let cool completely; grind to a powder. Stir in the sugar and 1 1/2 teaspoons of salt. Rub the mixture all over the roast and let stand at room temperature for 30 minutes, turning occasionally.
- ☐ Preheat the oven to 40

- ☐ In an ovenproof skillet just large enough to hold the roast, heat the vegetable oil until shimmering.
- ☐ Add the beef; cook over moderate heat until browned all over, about 3 minutes per side.
- ☐ Transfer the skillet to the oven. Cook the roast, turning a few times, for about 30 minutes, until an instant-read thermometer inserted in the center registers 120 for rare.
- ☐ Transfer the roast to a carving board to rest for 15 minutes.
- ☐ Thinly carve the roast beef across the grain and arrange on a platter.
- ☐ Garnish with the watercress and serve with the tomato salsa.

Nutrition Facts



Properties

Glycemic Index:10.47, Glycemic Load:0.8, Inflammation Score:-8, Nutrition Score:12.030434743218%

Flavonoids

Naringenin: 0.31mg, Naringenin: 0.31mg, Naringenin: 0.31mg, Naringenin: 0.31mg Apigenin: 0.58mg, Apigenin: 0.58mg, Apigenin: 0.58mg, Apigenin: 0.58mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Kaempferol: 7.88mg, Kaempferol: 7.88mg, Kaempferol: 7.88mg, Kaempferol: 7.88mg Myricetin: 0.17mg, Myricetin: 0.17mg, Myricetin: 0.17mg, Myricetin: 0.17mg Quercetin: 10.46mg, Quercetin: 10.46mg, Quercetin: 10.46mg, Quercetin: 10.46mg

Nutrients (% of daily need)

Calories: 65.52kcal (3.28%), Fat: 2.63g (4.04%), Saturated Fat: 0.67g (4.21%), Carbohydrates: 2.82g (0.94%), Net Carbohydrates: 1.99g (0.72%), Sugar: 1.64g (1.82%), Cholesterol: 18.6mg (6.2%), Sodium: 227.32mg (9.88%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.94g (15.88%), Vitamin K: 94.6µg (90.1%), Vitamin A: 1492.41IU (29.85%), Vitamin C: 21.45mg (26%), Vitamin B6: 0.28mg (13.89%), Selenium: 9.03µg (12.9%), Vitamin B3: 2.38mg (11.92%), Phosphorus: 98.35mg (9.83%), Potassium: 329.7mg (9.42%), Vitamin B12: 0.56µg (9.25%), Zinc: 1.39mg (9.24%), Manganese: 0.16mg (8.18%), Vitamin B2: 0.1mg (5.84%), Calcium: 54.15mg (5.42%), Vitamin E: 0.79mg (5.28%), Magnesium: 20.99mg (5.25%), Vitamin B1: 0.08mg (5.16%), Iron: 0.9mg (5.02%), Copper: 0.09mg (4.37%), Folate: 14.56µg (3.64%), Fiber: 0.83g (3.33%), Vitamin B5: 0.28mg (2.81%)