

 100%
HEALTH SCORE

Roast Beef with Scallion-Caper Green Sauce



Gluten Free



Dairy Free



Very Healthy

READY IN



300 min.

SERVINGS



6

CALORIES



369 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 3 pound bottom-round beef rump roast
- ☐ 2 tablespoons capers plus brine in brine drained ()
- ☐ 1 cup flat-leaf parsley fresh coarsely chopped
- ☐ 0.7 cup mild olive oil
- ☐ 1 cup scallions thinly sliced (from 1 bunch)

Equipment

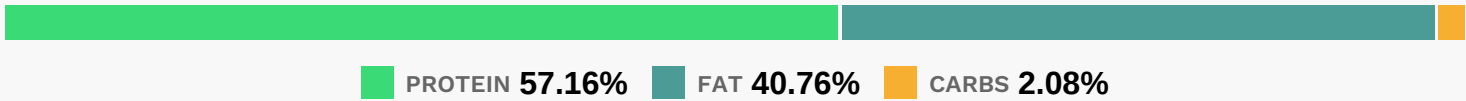
- ☐ oven
- ☐ roasting pan

- ☐ kitchen thermometer
- ☐ cutting board

Directions

- ☐ Put oven rack in middle position and preheat oven to 500°F.
- ☐ Pat roast dry and sprinkle all over with 2 teaspoons salt and 1/2 teaspoon black pepper.
- ☐ Roast, fat side up, in a roasting pan 15 minutes. Reduce oven temperature to 325°F and continue to roast until thermometer inserted into center of meat registers 120°F, 35 to 45 minutes more.
- ☐ Transfer roast to a cutting board and let stand, uncovered, 15 minutes.
- ☐ While roast stands, stir together remaining ingredients, a slightly rounded 1/4 teaspoon black pepper, and a pinch of salt.
- ☐ Thinly slice meat across the grain and serve with sauce.
- ☐ Self

Nutrition Facts



Properties

Glycemic Index:10.67, Glycemic Load:0.35, Inflammation Score:-8, Nutrition Score:32.040434961734%

Flavonoids

Apigenin: 21.57mg, Apigenin: 21.57mg, Apigenin: 21.57mg, Apigenin: 21.57mg Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg Kaempferol: 0.38mg, Kaempferol: 0.38mg, Kaempferol: 0.38mg, Kaempferol: 0.38mg Myricetin: 1.48mg, Myricetin: 1.48mg, Myricetin: 1.48mg, Myricetin: 1.48mg Quercetin: 1.81mg, Quercetin: 1.81mg, Quercetin: 1.81mg, Quercetin: 1.81mg

Nutrients (% of daily need)

Calories: 368.88kcal (18.44%), Fat: 16.16g (24.86%), Saturated Fat: 4.53g (28.34%), Carbohydrates: 1.86g (0.62%), Net Carbohydrates: 1.09g (0.4%), Sugar: 0.47g (0.53%), Cholesterol: 140.61mg (46.87%), Sodium: 280.67mg (12.2%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 51g (101.99%), Vitamin K: 204.11µg (194.39%), Selenium: 62.93µg (89.9%), Vitamin B3: 15.54mg (77.72%), Vitamin B6: 1.5mg (75.01%), Vitamin B12: 4.2µg (69.93%), Zinc: 9.61mg (64.04%), Phosphorus: 499.58mg (49.96%), Iron: 5.57mg (30.92%), Potassium: 874.82mg (24.99%), Vitamin B2: 0.39mg (22.71%), Vitamin A: 1008.57IU (20.17%), Vitamin C: 16.43mg (19.92%), Magnesium: 62.76mg (15.69%), Vitamin B1: 0.23mg (15.25%), Folate: 55.35µg (13.84%), Copper: 0.25mg (12.55%), Vitamin B5: 1.04mg

(10.41%), Vitamin E: 1.54mg (10.26%), Calcium: 68.94mg (6.89%), Manganese: 0.07mg (3.72%), Fiber: 0.76g (3.05%)