



 **98%**
HEALTH SCORE

Roast Beef with Spicy Yogurt-Walnut Sauce

 **Gluten Free**  **Very Healthy**

READY IN



45 min.

SERVINGS



4

CALORIES



600 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 pound beef eye of round roast
- 0.3 teaspoon cayenne pepper
- 2 small garlic cloves minced
- 1 teaspoon ground coriander
- 1 teaspoon ground cumin
- 1.5 tablespoons olive oil extra-virgin
- 2 medium frying peppers italian cut into small dice
- 2 plum tomatoes cut into 1/2-inch dice

- 4 servings salt and pepper freshly ground
- 2 cups whole-milk yogurt plain
- 2 tablespoons soya sauce
- 3 ounces walnut halves

Equipment

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

Directions

- Preheat the oven to 450°F.
- Heat a large ovenproof skillet until very hot. On a plate, rub the roast all over with the soy sauce and then with 1 tablespoon of the olive oil; season with salt and pepper.
- Add the roast to the skillet, fat side down, along with any extra oil from the plate. Cook over moderately high heat, turning occasionally, until browned all over, 4 minutes. Turn the roast fat side up and roast in the oven for 25 minutes, or until an instant-read thermometer inserted in the thickest part of the meat registers 115 for rare.
- Transfer the roast to a carving board to rest.
- Meanwhile, spread the walnuts on a baking sheet and toast for about 5 minutes, or until lightly browned; let cool. Coarsely chop the nuts.
- In a medium skillet, heat the remaining 1/2 tablespoon of olive oil.
- Add the frying peppers, cumin, coriander and cayenne, cover and cook over moderately low heat until the peppers are barely softened, about 5 minutes.
- Let cool.
- In a medium bowl, combine the yogurt, garlic, walnuts, frying peppers and tomatoes and season with salt and pepper. Thinly slice the roast and serve with the walnut sauce.
- Notes: Variations: Use the spicy walnut sauce on chicken or lamb, or serve as a dip for pita bread.

Nutrition Facts

PROTEIN 41.7% FAT 46.41% CARBS 11.89%

Properties

Glycemic Index:37.5, Glycemic Load:1.01, Inflammation Score:-8, Nutrition Score:41.722174063973%

Flavonoids

Cyanidin: 0.58mg, Cyanidin: 0.58mg, Cyanidin: 0.58mg, Cyanidin: 0.58mg Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg Luteolin: 2.81mg, Luteolin: 2.81mg, Luteolin: 2.81mg, Luteolin: 2.81mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 1.52mg, Quercetin: 1.52mg, Quercetin: 1.52mg, Quercetin: 1.52mg

Nutrients (% of daily need)

Calories: 600.46kcal (30.02%), Fat: 30.98g (47.67%), Saturated Fat: 6.09g (38.03%), Carbohydrates: 17.85g (5.95%), Net Carbohydrates: 14.64g (5.33%), Sugar: 12.4g (13.78%), Cholesterol: 143.06mg (47.69%), Sodium: 923.03mg (40.13%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 62.64g (125.27%), Selenium: 68.73µg (98.18%), Vitamin B6: 1.86mg (93%), Vitamin B3: 16.59mg (82.97%), Vitamin B12: 4.94µg (82.38%), Phosphorus: 791.75mg (79.17%), Zinc: 11.52mg (76.78%), Vitamin C: 54.17mg (65.66%), Manganese: 0.97mg (48.54%), Vitamin B2: 0.72mg (42.56%), Potassium: 1400.09mg (40%), Iron: 6.38mg (35.45%), Copper: 0.66mg (33.14%), Calcium: 329.83mg (32.98%), Magnesium: 128.31mg (32.08%), Vitamin B1: 0.4mg (26.71%), Vitamin B5: 2.02mg (20.25%), Folate: 77.47µg (19.37%), Vitamin E: 2.03mg (13.52%), Vitamin K: 13.71µg (13.05%), Fiber: 3.21g (12.83%), Vitamin A: 549.71IU (10.99%)