



HEALTH SCORE

67%

Roast Sirloin of Beef



Gluten Free



Dairy Free



Very Healthy



Low Fod Map

READY IN



45 min.

SERVINGS



4

CALORIES



350 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients



2 tablespoons olive oil



4 servings pepper black freshly ground



2 pound beef top sirloin steaks

Equipment



frying pan



oven



roasting pan



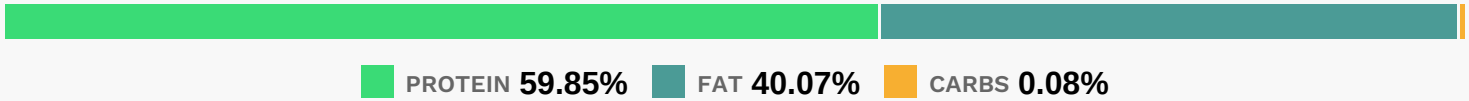
kitchen thermometer

☐ aluminum foil

Directions

- ☐ Preheat oven to 425°F. Season roast generously with gray sea salt and pepper.
- ☐ Heat oil in an ovenproof skillet or a small roasting pan set over high heat.
- ☐ Add roast to skillet and brown on all sides, about 3 minutes per side.
- ☐ Transfer skillet to oven and roast until an instant-read thermometer inserted into center of roast registers 120°F for medium-rare, 40–50 minutes. Tent with foil; let rest 15 minutes. Thinly slice roast. Arrange on a platter and sprinkle with additional gray sea salt.
- ☐ Serve with Spinach Gunge alongside.

Nutrition Facts



Properties

Glycemic Index:8, Glycemic Load:0.01, Inflammation Score:-3, Nutrition Score:22.958261199053%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg

Nutrients (% of daily need)

Calories: 350.16kcal (17.51%), Fat: 15.03g (23.13%), Saturated Fat: 3.93g (24.57%), Carbohydrates: 0.06g (0.02%), Net Carbohydrates: 0.04g (0.01%), Sugar: 0g (0%), Cholesterol: 133.81mg (44.6%), Sodium: 127.17mg (5.53%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 50.52g (101.04%), Selenium: 69.86µg (99.8%), Vitamin B3: 14.67mg (73.36%), Vitamin B6: 1.42mg (71.23%), Zinc: 9.07mg (60.49%), Phosphorus: 478.7mg (47.87%), Vitamin B12: 2.13µg (35.53%), Potassium: 811.06mg (23.17%), Iron: 3.7mg (20.56%), Vitamin B2: 0.27mg (16.02%), Vitamin B5: 1.48mg (14.85%), Magnesium: 52.33mg (13.08%), Vitamin B1: 0.17mg (11.35%), Vitamin E: 1.64mg (10.96%), Copper: 0.18mg (8.8%), Folate: 29.5µg (7.38%), Vitamin K: 6.87µg (6.55%), Calcium: 50.41mg (5.04%), Manganese: 0.04mg (1.89%)