



Roast Strip Loin of Beef with Roast Vegetables



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



715 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 3 pound boned beef strip loin roast
- ☐ 0.1 teaspoon pepper black
- ☐ 12 ounces brussels sprouts trimmed halved
- ☐ 2 cups carrots 1-inch-thick sliced ()
- ☐ 3 tablespoons dijon mustard stone-ground country-style
- ☐ 2 garlic cloves minced
- ☐ 0.3 teaspoon coarsely ground pepper black
- ☐ 2 tablespoons honey

- ☐ 0.3 teaspoon kosher salt
- ☐ 0.5 teaspoon kosher salt
- ☐ 1 large onion cut into 8 wedges
- ☐ 3 cups sweet potatoes and into peeled cut into 1-inch pieces (1 pound)
- ☐ 2 teaspoons vegetable oil
- ☐ 2 teaspoons or dried fresh chopped

Equipment

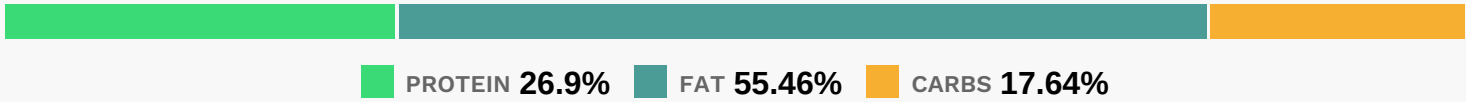
- ☐ bowl
- ☐ oven
- ☐ kitchen thermometer
- ☐ aluminum foil
- ☐ microwave
- ☐ broiler pan

Directions

- ☐ Preheat oven to 40
- ☐ To prepare vegetables, place carrot in a microwave-safe bowl, and microwave at high 2 minutes.
- ☐ Combine carrot and next 6 ingredients (carrot through 1/8 teaspoon black pepper); toss well to coat. Set aside.
- ☐ To prepare roast, combine the rosemary, 1/2 teaspoon kosher salt, coarsely ground black pepper, and garlic. Trim fat from roast, and rub top of roast with rosemary mixture.
- ☐ Place roast on a broiler pan coated with cooking spray. Insert a meat thermometer into thickest portion of roast. Arrange the vegetables around roast.
- ☐ Bake at 400 for 1 hour or until the meat thermometer registers 145 (medium-rare) to 160 (medium).
- ☐ Place roast on a platter; cover with foil.
- ☐ Let stand 15 minutes.
- ☐ To prepare glaze, combine mustard and honey.

- ☐ Drizzle over vegetables, and toss gently.
- ☐ Bake at 400 for 10 minutes.

Nutrition Facts



Properties

Glycemic Index:68.68, Glycemic Load:12.55, Inflammation Score:-10, Nutrition Score:39.002608091935%

Flavonoids

Naringenin: 1.87mg, Naringenin: 1.87mg, Naringenin: 1.87mg, Naringenin: 1.87mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.25mg, Luteolin: 0.25mg, Luteolin: 0.25mg, Luteolin: 0.25mg Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg Kaempferol: 0.76mg, Kaempferol: 0.76mg, Kaempferol: 0.76mg, Kaempferol: 0.76mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 6.28mg, Quercetin: 6.28mg, Quercetin: 6.28mg, Quercetin: 6.28mg

Nutrients (% of daily need)

Calories: 714.82kcal (35.74%), Fat: 43.97g (67.64%), Saturated Fat: 17.22g (107.64%), Carbohydrates: 31.47g (10.49%), Net Carbohydrates: 25.3g (9.2%), Sugar: 12.97g (14.42%), Cholesterol: 195.04mg (65.01%), Sodium: 568.26mg (24.71%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 47.98g (95.96%), Vitamin A: 16997.4IU (339.95%), Vitamin K: 114.01µg (108.58%), Vitamin B6: 1.59mg (79.28%), Selenium: 55.49µg (79.27%), Vitamin C: 54.55mg (66.13%), Vitamin B3: 13.04mg (65.2%), Zinc: 8.19mg (54.6%), Phosphorus: 515.46mg (51.55%), Potassium: 1319.03mg (37.69%), Vitamin B12: 2.09µg (34.78%), Manganese: 0.55mg (27.36%), Iron: 4.79mg (26.62%), Fiber: 6.17g (24.69%), Vitamin B1: 0.34mg (22.89%), Vitamin B2: 0.37mg (21.78%), Magnesium: 86.93mg (21.73%), Vitamin B5: 2.13mg (21.35%), Folate: 78.26µg (19.56%), Copper: 0.34mg (16.82%), Vitamin E: 2.04mg (13.6%), Calcium: 121.6mg (12.16%)