

Ingredients

- 2.5 pounds frangelico
- 1 tablespoon vegetable oil
- 0.5 teaspoon pepper
- 0.5 teaspoon marjoram dried
- 0.3 teaspoon kosher salt

Equipment

- oven
 - roasting pan



kitchen thermometer

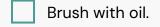
aluminum foil

Directions

Heat oven to 425°F.

Turn small end of beef under about 6 inches. Tie turned-under portion of beef with string at about 11/2-inch intervals.

Place beef on rack in shallow roasting pan.



Sprinkle with pepper, marjoram and salt. Insert meat thermometer so tip is in thickest part of beef.

Bake uncovered 40 to 50 minutes or until thermometer reads at least 140°F. Cover beef with tent of aluminum foil and let stand about 15 minutes or until thermometer reads 145°F. (Temperature will continue to rise about 5°, and beef will be easier to carve.)

Remove string from beef before carving.

Nutrition Facts

PROTEIN 0.35% 📕 FAT 97.52% 📒 CARBS 2.13%

Properties

Glycemic Index:5.33, Glycemic Load:0.02, Inflammation Score:-1, Nutrition Score:0.32695653192375%

Nutrients (% of daily need)

Calories: 20.48kcal (1.02%), Fat: 2.27g (3.5%), Saturated Fat: 0.35g (2.18%), Carbohydrates: 0.11g (0.04%), Net Carbohydrates: 0.07g (0.02%), Sugar: Og (0%), Cholesterol: Omg (0%), Sodium: 96.93mg (4.21%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 0.02g (0.04%), Vitamin K: 4.49µg (4.28%), Vitamin E: 0.19mg (1.25%), Manganese: 0.02mg (1.1%)