



Savory Beef Roast

READY IN



45 min.

SERVINGS



16

CALORIES



173 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.5 teaspoon anchovy paste
- 1 teaspoon beef-flavored bouillon granules
- 1 teaspoon dijon mustard
- 0.8 cup milk fat-free
- 0.3 cup yogurt plain fat-free
- 2 tablespoons flour all-purpose
- 0.3 cup parsley fresh minced
- 0.5 teaspoon garlic powder
- 1 teaspoon lemon pepper seasoning salt-free

- 1 tablespoon parmesan cheese fresh shredded
- 4 pound top round beef roast boneless lean
- 0.3 teaspoon salt
- 1 cup water hot
- 2 tablespoons worcestershire sauce low-sodium

Equipment

- frying pan
- dutch oven

Directions

- Trim fat from roast. Coat a Dutch oven with cooking spray; place over medium-high heat until hot.
- Add roast, and cook until browned on all sides.
- Sprinkle roast with garlic powder and salt.
- Combine water, Worcestershire sauce, and bouillon granules, stirring well.
- Pour Worcestershire sauce mixture over roast. Bring to a boil; cover, reduce heat, and simmer 2 to 2 1/2 hours or until roast is tender.
- Transfer roast to a serving platter; set aside, and keep warm.
- Skim fat from juices in pan; reserve 1/4 cup pan juices. Discard remaining juices. Return 1/4 cup juices to pan.
- Combine flour and seasoning; add to juices in pan, stirring until smooth. Gradually add milk, stirring constantly. Cook over medium heat, stirring constantly, until thickened.
- Combine yogurt, mustard, and anchovy paste; add to milk mixture, stirring just until blended.
- Cut roast diagonally across grain into 1/4-inch-thick slices. Top with gravy, and sprinkle with parsley and cheese.
- carbo rating: 2

Nutrition Facts



■ PROTEIN 63.21% ■ FAT 31.4% ■ CARBS 5.39%

Properties

Glycemic Index:14.77, Glycemic Load:0.74, Inflammation Score:-3, Nutrition Score:14.04304333096%

Flavonoids

Apigenin: 2.02mg, Apigenin: 2.02mg, Apigenin: 2.02mg, Apigenin: 2.02mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg

Nutrients (% of daily need)

Calories: 172.84kcal (8.64%), Fat: 5.78g (8.89%), Saturated Fat: 2g (12.5%), Carbohydrates: 2.23g (0.74%), Net Carbohydrates: 2.12g (0.77%), Sugar: 1.13g (1.25%), Cholesterol: 71.1mg (23.7%), Sodium: 181.81mg (7.9%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 26.16g (52.33%), Selenium: 32.48µg (46.39%), Vitamin B3: 7.81mg (39.05%), Vitamin B6: 0.75mg (37.67%), Vitamin B12: 2.19µg (36.57%), Zinc: 4.85mg (32.32%), Phosphorus: 268.78mg (26.88%), Vitamin K: 17.01µg (16.2%), Iron: 2.59mg (14.39%), Vitamin B2: 0.22mg (12.73%), Potassium: 443.89mg (12.68%), Vitamin B1: 0.13mg (8.34%), Magnesium: 31.19mg (7.8%), Copper: 0.12mg (6.22%), Vitamin B5: 0.57mg (5.75%), Calcium: 53.53mg (5.35%), Folate: 18.91µg (4.73%), Vitamin E: 0.36mg (2.4%), Manganese: 0.04mg (2.16%), Vitamin A: 107.77IU (2.16%), Vitamin C: 1.56mg (1.89%)