



Sirloin Tip Roast with Carrots and Baby Red Potatoes

READY IN



135 min.

SERVINGS



10

CALORIES



350 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 lb baby potatoes whole red scrubbed
- 2 pounds carrots cut into large pieces (8 large)
- 2 tablespoons flour all-purpose
- 3.5 lb sirloin tip roast
- 10 servings salt and pepper
- 2 tablespoons butter unsalted
- 2 tablespoons vegetable oil

Equipment

- bowl
- oven
- knife
- roasting pan
- kitchen thermometer
- aluminum foil
- stove
- tongs
- cutting board

Directions

- Preheat oven to 325F. Pat roast dry and season on all sides with salt and pepper.
- Sprinkle flour over roast and use your hands to spread it out and pat it evenly over meat.
- Melt butter and 1 Tbsp. oil in a large roasting pan over medium-high heat on top of stove.
- Add roast and cook, turning with tongs, until browned on all sides, about 15 minutes total.
- Place carrots and potatoes in a large bowl and toss with remaining 1 Tbsp. of oil.
- Place vegetables in roasting pan all around roast. Roast, stirring vegetables often, until a meat thermometer inserted into thickest part of roast registers 140F for medium rare, 1 hour 30 minutes to 1 hour 45 minutes.
- Transfer roast to a cutting board, tent loosely with foil and let rest for 10 minutes. Stick a sharp paring knife in carrots and potatoes to make sure they're easily pierced. If they're not, return roasting pan with vegetables to oven to continue cooking while roast rests.
- Thinly slice roast and serve warm with carrots and potatoes.

Nutrition Facts



PROTEIN 42.6% **FAT 27.67%** **CARBS 29.73%**

Properties

Glycemic Index:20.56, Glycemic Load:15.31, Inflammation Score:-10, Nutrition Score:29.063912838697%

Flavonoids

Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg Kaempferol: 0.94mg, Kaempferol: 0.94mg, Kaempferol: 0.94mg, Kaempferol: 0.94mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.83mg, Quercetin: 0.83mg, Quercetin: 0.83mg, Quercetin: 0.83mg

Nutrients (% of daily need)

Calories: 350.31kcal (17.52%), Fat: 10.62g (16.34%), Saturated Fat: 3.73g (23.31%), Carbohydrates: 25.69g (8.56%), Net Carbohydrates: 21.11g (7.68%), Sugar: 5.01g (5.57%), Cholesterol: 93.34mg (31.11%), Sodium: 354.25mg (15.4%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 36.8g (73.59%), Vitamin A: 15227.21IU (304.54%), Vitamin B6: 1.39mg (69.53%), Selenium: 46.62µg (66.6%), Vitamin B3: 12.03mg (60.17%), Zinc: 7.05mg (47.01%), Phosphorus: 408.03mg (40.8%), Potassium: 1209.55mg (34.56%), Vitamin B12: 1.99µg (33.15%), Vitamin C: 23.22mg (28.15%), Iron: 3.88mg (21.54%), Vitamin K: 20.65µg (19.66%), Vitamin B1: 0.28mg (18.94%), Fiber: 4.58g (18.31%), Vitamin B2: 0.31mg (18%), Magnesium: 68.66mg (17.16%), Vitamin B5: 1.52mg (15.23%), Manganese: 0.3mg (15%), Copper: 0.3mg (14.78%), Folate: 53.63µg (13.41%), Vitamin E: 1.32mg (8.83%), Calcium: 73.59mg (7.36%)