



Slow Cooked Roast with Creamy Herb Sauce

 Gluten Free

READY IN



130 min.

SERVINGS



10

CALORIES



363 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 cup beef broth
- 1 teaspoon dijon mustard
- 2 teaspoons rosemary dried crushed
- 5 pound eye of round roast boneless trimmed
- 2 teaspoons rosemary fresh chopped
- 10 servings rosemary fresh
- 2 teaspoons ground pepper black
- 2 teaspoons kosher salt

- 0.5 cup mayonnaise
- 3 tablespoons olive oil
- 0.5 cup cup heavy whipping cream sour

Equipment

- bowl
- frying pan
- oven
- roasting pan
- kitchen thermometer
- aluminum foil

Directions

- For the creamy herb sauce: In a small bowl, combine the mayonnaise, sour cream, rosemary and mustard and mix well. Cover and chill for up to 3 days.
- For the roast: Preheat the oven to 250 degrees F. Line a roasting pan with aluminum foil.
- Pour the beef broth into the roasting pan.
- Place the rack over the broth, and spray with nonstick cooking spray.
- In a small bowl, combine the rosemary, salt and pepper. Rub the mixture evenly over the roast.
- In a large skillet, heat the olive oil over medium-high heat.
- Add the roast and cook until browned, 2 to 3 minutes per side.
- Place the roast on the prepared rack in the roasting pan. Cover tightly with aluminum foil.
- Bake for 45 minutes to 1 1/2 hours (depending on the shape of the roast), or until a meat thermometer inserted in the center of the roast reads 125 degrees F.
- Remove from the oven and let stand for 20 minutes before slicing.
- Serve with the creamy herb sauce and garnish with rosemary if desired.

Nutrition Facts



■ PROTEIN 50.03% ■ FAT 48.75% ■ CARBS 1.22%

Properties

Glycemic Index:18.4, Glycemic Load:0.09, Inflammation Score:-5, Nutrition Score:26.683478280254%

Flavonoids

Naringenin: 0.25mg, Naringenin: 0.25mg, Naringenin: 0.25mg, Naringenin: 0.25mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg

Nutrients (% of daily need)

Calories: 362.71kcal (18.14%), Fat: 19.72g (30.33%), Saturated Fat: 4.99g (31.21%), Carbohydrates: 1.1g (0.37%), Net Carbohydrates: 0.84g (0.3%), Sugar: 0.47g (0.52%), Cholesterol: 11.49mg (3.83%), Sodium: 732.52mg (31.85%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 45.53g (91.06%), Vitamin B6: 2.04mg (101.93%), Vitamin B3: 15.25mg (76.26%), Vitamin B12: 4.07µg (67.81%), Zinc: 9.51mg (63.39%), Selenium: 36.88µg (52.68%), Phosphorus: 503.68mg (50.37%), Vitamin B2: 0.64mg (37.74%), Iron: 5.37mg (29.83%), Potassium: 875.13mg (25%), Vitamin B1: 0.37mg (24.42%), Vitamin K: 21.62µg (20.59%), Copper: 0.34mg (17%), Vitamin B5: 1.51mg (15.07%), Magnesium: 58.08mg (14.52%), Vitamin E: 1.02mg (6.81%), Manganese: 0.09mg (4.69%), Calcium: 28.93mg (2.89%), Vitamin A: 111.92IU (2.24%), Fiber: 0.28g (1.1%)