



WHATSheATE



HEALTH SCORE

77%

Slow-Roasted Beef for Sandwiches



Gluten Free



Dairy Free



Very Healthy

READY IN



1180 min.

SERVINGS



1

CALORIES



2356 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients



3.5 pound beef eye of round roast



1 tablespoon canola oil



2 teaspoons garlic salt



2 teaspoons ground pepper fresh black

Equipment



frying pan



paper towels



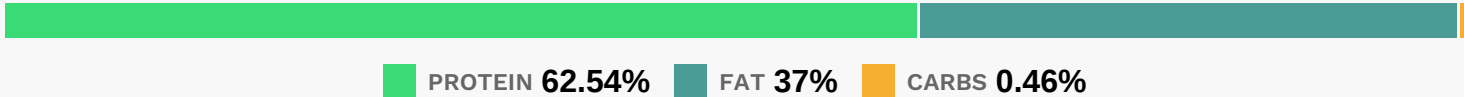
oven

- ☐ plastic wrap
- ☐ roasting pan
- ☐ kitchen thermometer

Directions

- ☐ Season all sides of beef roast evenly with garlic salt; wrap in plastic wrap and refrigerate 18 to 24 hours.
- ☐ Place rack in middle position of oven and preheat to 225 degrees F (110 degrees C).
- ☐ Pat roast dry with paper towel and rub with 2 teaspoons canola oil; season with black pepper.
- ☐ Heat 1 tablespoon canola oil in a large skillet over medium-high heat until small wisps of smoke rise from the oil. Brown the roast completely, 3 to 4 minutes per side.
- ☐ Transfer roast to a rack set into a roasting pan.
- ☐ Bake in the preheated oven until a meat probe thermometer or instant-read meat thermometer inserted into the center reads 115 degrees F (46 degrees C) for medium-rare, 1 1/4 to 1 3/4 hours.
- ☐ Turn oven off and leave roast in oven without opening door until meat probe thermometer reads 130 degrees F (54 degrees C) for medium-rare, 30 to 50 more minutes.
- ☐ Let rest 15 minutes before slicing thin.

Nutrition Facts



Properties

Glycemic Index:32, Glycemic Load:0.49, Inflammation Score:-9, Nutrition Score:63.220434704553%

Nutrients (% of daily need)

Calories: 2356.4kcal (117.82%), Fat: 92.87g (142.88%), Saturated Fat: 28.06g (175.37%), Carbohydrates: 2.56g (0.85%), Net Carbohydrates: 1.55g (0.56%), Sugar: 0.03g (0.03%), Cholesterol: 984.3mg (328.1%), Sodium: 5540.8mg (240.9%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 353.17g (706.35%), Selenium: 439.97µg (628.52%), Vitamin B3: 107.32mg (536.59%), Vitamin B6: 10.38mg (518.92%), Vitamin B12: 29.37µg (489.5%), Zinc: 66.1mg (440.68%), Phosphorus: 3419.6mg (341.96%), Iron: 33.13mg (184.07%), Potassium: 5467.75mg (156.22%), Vitamin B2: 2.55mg (149.84%), Vitamin B1: 1.48mg (98.72%), Magnesium: 387.98mg (96.99%), Copper: 1.61mg (80.63%), Vitamin B5: 6.98mg (69.78%), Folate: 207.06µg (51.77%), Vitamin E: 7.25mg (48.36%), Manganese:

0.74mg (37.22%), Vitamin K: 35.58µg (33.89%), Calcium: 322.24mg (32.22%), Fiber: 1.01g (4.05%)