



Slow-Roasted Roast Beef



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



100 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 teaspoon pepper black freshly ground
- ☐ 1.8 pound roast chickens bone in
- ☐ 3 cloves garlic peeled
- ☐ 2 tablespoons kosher salt
- ☐ 1 teaspoon oregano dried

Equipment

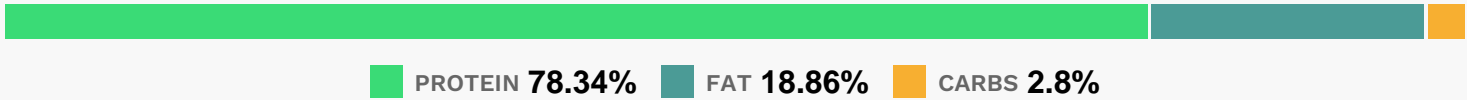
- ☐ frying pan
- ☐ knife

- ☐ roasting pan
- ☐ grill
- ☐ kitchen thermometer

Directions

- ☐ With a sharp paring knife, cut 12 slits just under the fat of the roast and insert the garlic slices. Season the roast with the salt, pepper, and oregano.
- ☐ Place it, fat-side down, on a roasting rack.
- ☐ Place rack in a roasting pan and fill with water, just skimming the bottom of the roast.
- ☐ Heat grill to medium high. If using a charcoal grill, build a very hot fire. When the coals are white hot, add another layer of charcoal. This will ensure the grill stays hot enough to cook the meat.
- ☐ Place pan directly on grill. Cover grill and allow the roast to cook slowly. Cook about 20 minutes per pound for medium rare or until a meat thermometer reads about 130 F. Halfway through, turn the roast and add more water if needed.
- ☐ Let rest about 10 minutes before carving.

Nutrition Facts



Properties

Glycemic Index:8.38, Glycemic Load:0.14, Inflammation Score:-4, Nutrition Score:11.273478225521%

Flavonoids

Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 100.21kcal (5.01%), Fat: 2.11g (3.24%), Saturated Fat: 0.83g (5.19%), Carbohydrates: 0.7g (0.23%), Net Carbohydrates: 0.51g (0.19%), Sugar: 0.02g (0.03%), Cholesterol: 0mg (0%), Sodium: 1787.08mg (77.7%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 19.71g (39.41%), Vitamin B6: 0.9mg (45.17%), Vitamin B3: 6.6mg (33%), Vitamin B12: 1.76µg (29.27%), Zinc: 4.15mg (27.7%), Selenium: 15.86µg (22.66%), Phosphorus: 215.82mg (21.58%), Vitamin B2: 0.27mg (15.94%), Iron: 2.4mg (13.35%), Potassium: 375.49mg (10.73%), Vitamin B1: 0.16mg (10.72%), Copper: 0.15mg (7.63%), Vitamin B5: 0.64mg (6.38%), Magnesium: 25.24mg (6.31%), Manganese: 0.08mg (3.93%),

Vitamin K: 1.98µg (1.89%), Calcium: 12.19mg (1.22%)