



95%
HEALTH SCORE

Spiced Roast Beef and Vegetables



Gluten Free



Dairy Free



Very Healthy

READY IN



45 min.

SERVINGS



8

CALORIES



440 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 3 pound top round beef roast
- 0.5 teaspoon peppercorns whole black
- 8 medium carrots peeled
- 0.1 teaspoon ground pepper
- 1 teaspoon coriander seeds
- 1 teaspoon cumin seeds
- 2 tablespoons cilantro leaves fresh chopped
- 1 garlic clove thinly sliced

- 0.5 teaspoon ground ginger
- 4 tablespoons olive oil extra virgin extra-virgin
- 2.5 pounds baking potatoes peeled cut into 1-inch chunks
- 0.8 teaspoon salt

Equipment

- bowl
- frying pan
- oven
- knife
- roasting pan
- kitchen thermometer
- aluminum foil
- ziploc bags
- rolling pin
- meat tenderizer

Directions

- Preheat oven to 350°F.
- Place first 3 ingredients in heavy small plastic bag. Using meat mallet or rolling pin, crush spices.
- Transfer crushed spices to small bowl; mix in salt, ginger and cayenne.
- Toss potatoes, carrots and 3 tablespoons oil in large bowl.
- Sprinkle with salt and pepper.
- Spread vegetables in large roasting pan. Roast 30 minutes.
- Meanwhile, using tip of knife, make several slits in roast; insert garlic into slits.
- Brush roast with remaining 1 tablespoon oil. Rub spice mixture over roast.
- Push vegetables to sides of pan, leaving space in center.

- Place roast in center of pan. Roast until meat thermometer inserted into center of meat registers 125°F for medium-rare, about 1 hour.
- Transfer roast to platter. Tent with foil. Increase oven temperature to 450°F.
- Spread vegetables in pan; continue roasting until vegetables are tender and brown, about 10 minutes.
- Sprinkle with cilantro.
- Surround roast with vegetables.
- Cut roast into thin slices and serve.

Nutrition Facts



■ PROTEIN **38.02%**
■ FAT **32.58%**
■ CARBS **29.4%**

Properties

Glycemic Index:32.82, Glycemic Load:22.16, Inflammation Score:-10, Nutrition Score:32.012173756309%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.19mg, Quercetin: 0.19mg, Quercetin: 0.19mg

Nutrients (% of daily need)

Calories: 440.48kcal (22.02%), Fat: 15.82g (24.34%), Saturated Fat: 3.93g (24.54%), Carbohydrates: 32.12g (10.71%), Net Carbohydrates: 28.33g (10.3%), Sugar: 3.79g (4.21%), Cholesterol: 105.46mg (35.15%), Sodium: 363.3mg (15.8%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 41.54g (83.08%), Vitamin A: 10216.58IU (204.33%), Vitamin B6: 1.69mg (84.61%), Selenium: 47.96µg (68.52%), Vitamin B3: 13.6mg (67.99%), Vitamin B12: 3.15µg (52.45%), Zinc: 7.67mg (51.14%), Phosphorus: 468.65mg (46.86%), Potassium: 1382.03mg (39.49%), Iron: 5.22mg (28.98%), Manganese: 0.43mg (21.56%), Vitamin B1: 0.32mg (21.21%), Vitamin B2: 0.36mg (21.02%), Magnesium: 83.4mg (20.85%), Copper: 0.35mg (17.53%), Vitamin K: 17.66µg (16.82%), Fiber: 3.79g (15.15%), Vitamin C: 11.92mg (14.45%), Folate: 53.74µg (13.44%), Vitamin B5: 1.34mg (13.42%), Vitamin E: 1.96mg (13.06%), Calcium: 77.33mg (7.73%)