



 **64%**  
HEALTH SCORE

## Sunday Roast Beef

 Dairy Free  Very Healthy

READY IN



45 min.

SERVINGS



10

CALORIES



466 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- 1 teaspoon chili powder
- 1.3 cups flour all-purpose divided
- 1 garlic clove cut into 3 slices
- 0.5 cup catsup
- 1 tablespoon mustard prepared
- 3 tablespoons olive oil
- 1 teaspoon pepper
- 5.5 pound top round beef roast boneless

- 1 teaspoon salt
- 0.5 cup juice of 1 mandarin (cut crosswise then tablespoon into jar over a strainer) sweet
- 7 cups water divided
- 1 tablespoon worcestershire sauce

## Equipment

- oven
- whisk
- dutch oven

## Directions

- Rub roast with salt and pepper.
- Cut three slits in roast; insert garlic slices. Coat roast with 1/3 cup flour.
- Brown roast on all sides in hot oil in a Dutch oven.
- Stir together 6 cups water and next 5 ingredients; pour over roast.
- Bake, covered, at 350 for 5 hours or until tender.
- Remove roast from Dutch oven; keep warm.
- Whisk together remaining 1 cup flour and remaining 1 cup water.
- Whisk flour mixture into drippings; cook over medium heat, stirring constantly, until thickened.
- Serve gravy with roast.

## Nutrition Facts



## Properties

Glycemic Index:16.9, Glycemic Load:9.26, Inflammation Score:-5, Nutrition Score:30.099565319393%

## Flavonoids

Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg

## Nutrients (% of daily need)

Calories: 466.29kcal (23.31%), Fat: 16.84g (25.9%), Saturated Fat: 4.86g (30.36%), Carbohydrates: 17.58g (5.86%), Net Carbohydrates: 16.91g (6.15%), Sugar: 2.81g (3.12%), Cholesterol: 154.68mg (51.56%), Sodium: 709.2mg (30.83%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 57.41g (114.82%), Selenium: 75.45µg (107.79%), Vitamin B3: 18.06mg (90.3%), Vitamin B6: 1.66mg (83.24%), Vitamin B12: 4.62µg (76.92%), Zinc: 10.56mg (70.4%), Phosphorus: 561.51mg (56.15%), Iron: 6.15mg (34.18%), Vitamin B2: 0.51mg (29.83%), Potassium: 925.97mg (26.46%), Vitamin B1: 0.37mg (24.63%), Magnesium: 68.42mg (17.1%), Folate: 64.35µg (16.09%), Copper: 0.32mg (15.77%), Vitamin B5: 1.18mg (11.77%), Vitamin E: 1.62mg (10.82%), Manganese: 0.2mg (10.06%), Vitamin K: 6.52µg (6.21%), Calcium: 61.71mg (6.17%), Fiber: 0.68g (2.71%), Vitamin A: 124.39IU (2.49%)