



Tarragon-Crusted Roast Beef

 Gluten Free  Dairy Free

READY IN



75 min.

SERVINGS



8

CALORIES



279 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 3 lb top round beef roast boneless
- 2 teaspoons salt
- 1 teaspoon pepper freshly ground
- 6 cloves garlic finely chopped
- 2 tablespoons tarragon dried
- 2 tablespoons olive oil
- 1 sprigs tarragon fresh

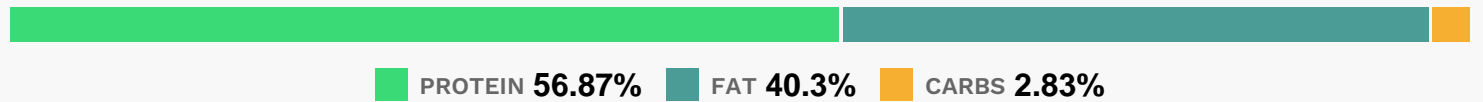
Equipment

- bowl
- oven
- roasting pan

Directions

- Heat oven to 450°F. Spray shallow roasting pan with cooking spray; place beef in pan. In small bowl, mix salt, pepper, garlic, dried tarragon and oil. Rub mixture on all sides of beef.
- Bake uncovered 15 minutes. Reduce oven temperature to 350°F.
- Bake 30 to 40 minutes longer or until of desired doneness. Cover; let stand 15 minutes before slicing.
- Garnish with tarragon sprigs.

Nutrition Facts



Properties

Glycemic Index:25.25, Glycemic Load:0.84, Inflammation Score:-3, Nutrition Score:20.253913412923%

Flavonoids

Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 278.96kcal (13.95%), Fat: 12.1g (18.62%), Saturated Fat: 3.42g (21.35%), Carbohydrates: 1.91g (0.64%), Net Carbohydrates: 1.65g (0.6%), Sugar: 0.02g (0.03%), Cholesterol: 105.46mg (35.15%), Sodium: 678.37mg (29.49%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 38.42g (76.84%), Selenium: 47.54µg (67.91%), Vitamin B6: 1.19mg (59.38%), Vitamin B3: 11.69mg (58.46%), Vitamin B12: 3.15µg (52.45%), Zinc: 7.18mg (47.9%), Phosphorus: 375.81mg (37.58%), Iron: 4.24mg (23.54%), Potassium: 652.93mg (18.66%), Vitamin B2: 0.3mg (17.76%), Manganese: 0.25mg (12.71%), Magnesium: 48.77mg (12.19%), Vitamin B1: 0.17mg (11.2%), Copper: 0.19mg (9.54%), Vitamin B5: 0.76mg (7.59%), Folate: 27.7µg (6.93%), Vitamin E: 1.02mg (6.79%), Calcium: 60.67mg (6.07%), Vitamin K: 4.6µg (4.38%), Vitamin C: 1.7mg (2.06%), Vitamin A: 85.57IU (1.71%), Fiber: 0.26g (1.03%)