



The Perfect Roast Beef



Gluten Free



Popular

READY IN



125 min.

SERVINGS



6

CALORIES



59 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 cup beef broth
- ☐ 1 oven roast beef such as sirloin tip
- ☐ 1 tablespoon butter
- ☐ 1 tablespoon cornstarch
- ☐ 1 cup red wine
- ☐ 6 servings salt and pepper to taste
- ☐ 1 tablespoon water cold

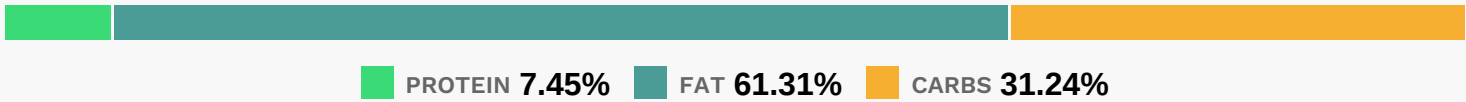
Equipment

- ☐ frying pan
- ☐ oven
- ☐ roasting pan
- ☐ kitchen thermometer

Directions

- ☐ Pat the beef dry, rub the salt and pepper all over it, place it in an oven safe roasting dish and stick a meat thermometer into the middle of the thickest part.Roast in a preheated 450F oven for 10 minutes, reduce the temperature to 275F and continue roasting until the temperature reaches the desired done-ness. (see chart below)
- ☐ Remove the roast from the oven and set aside to rest, covered.
- ☐ Drain all but one or two tablespoons of any grease and heat the roasting pan over medium heat.
- ☐ Add the red wine and deglaze the pan.
- ☐ Add the broth and simmer to reduce by half.
- ☐ Mix the corn starch into the water, add to the gravy and simmer until it thickens.
- ☐ Remove from heat, mix in the butter and season with salt and pepper.

Nutrition Facts



Properties

Glycemic Index:10.83, Glycemic Load:0.16, Inflammation Score:-2, Nutrition Score:0.84652173340968%

Flavonoids

Cyanidin: 0.08mg, Cyanidin: 0.08mg, Cyanidin: 0.08mg, Cyanidin: 0.08mg Petunidin: 0.79mg, Petunidin: 0.79mg, Petunidin: 0.79mg, Petunidin: 0.79mg Delphinidin: 0.8mg, Delphinidin: 0.8mg, Delphinidin: 0.8mg, Delphinidin: 0.8mg Malvidin: 5.54mg, Malvidin: 5.54mg, Malvidin: 5.54mg, Malvidin: 5.54mg Peonidin: 0.5mg, Peonidin: 0.5mg, Peonidin: 0.5mg, Peonidin: 0.5mg Catechin: 2.86mg, Catechin: 2.86mg, Catechin: 2.86mg, Catechin: 2.86mg Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg Epicatechin: 1.52mg, Epicatechin: 1.52mg, Epicatechin: 1.52mg, Epicatechin: 1.52mg Hesperetin: 0.25mg, Hesperetin: 0.25mg, Hesperetin: 0.25mg, Hesperetin: 0.25mg Naringenin: 0.71mg, Naringenin: 0.71mg, Naringenin: 0.71mg, Naringenin: 0.71mg Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg Luteolin:

0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.17mg, Myricetin: 0.17mg, Myricetin: 0.17mg, Myricetin: 0.17mg Quercetin: 0.42mg, Quercetin: 0.42mg, Quercetin: 0.42mg, Quercetin: 0.42mg Gallocatechin: 0.03mg, Gallocatechin: 0.03mg, Gallocatechin: 0.03mg, Gallocatechin: 0.03mg

Nutrients (% of daily need)

Calories: 58.81kcal (2.94%), Fat: 1.99g (3.06%), Saturated Fat: 1.25g (7.78%), Carbohydrates: 2.28g (0.76%), Net Carbohydrates: 2.27g (0.82%), Sugar: 0.25g (0.28%), Cholesterol: 5.11mg (1.7%), Sodium: 359.54mg (15.63%), Alcohol: 4.24g (100%), Alcohol %: 6.19% (100%), Protein: 0.54g (1.09%), Manganese: 0.06mg (2.9%), Potassium: 73.6mg (2.1%), Vitamin B3: 0.41mg (2.07%), Phosphorus: 15.47mg (1.55%), Iron: 0.26mg (1.46%), Magnesium: 5.76mg (1.44%), Vitamin B6: 0.03mg (1.4%), Vitamin B2: 0.02mg (1.28%), Vitamin A: 59.11IU (1.18%)