

Zesty Beef Roast

 Dairy Free

READY IN



140 min.

SERVINGS



8

CALORIES



271 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 cup beef broth
- 2 tablespoons canola oil
- 0.3 cup flour all-purpose
- 0.3 cup horseradish prepared
- 1 cup onion chopped
- 0.3 teaspoon pepper
- 3 pounds sirloin beef tips boneless
- 0.3 teaspoon salt

0.7 cup water cold

Equipment

frying pan

oven

measuring cup

dutch oven

Directions

In a Dutch oven, brown roast on all sides in oil.

Add broth.

Spread horseradish over roast; sprinkle with onion, salt and pepper. Cover and bake at 350° for 2 hours or until tender, basting frequently.

Remove roast from the pan; let stand for 10 minutes.

Meanwhile, pour the pan juices into a large measuring cup; add water to equal 2 cups. Return to pan.

Combine flour and cold water until smooth; gradually stir into pan juices. Bring to a boil; cook and stir for 2 minutes.

Add additional water if a thinner gravy is desired. Slice roast; serve with gravy.

Nutrition Facts


■ PROTEIN 57.41% ■ FAT 32.29% ■ CARBS 10.3%

Properties

Glycemic Index:21.13, Glycemic Load:3.51, Inflammation Score:-4, Nutrition Score:19.221739106366%

Flavonoids

Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 4.06mg, Quercetin: 4.06mg, Quercetin: 4.06mg, Quercetin: 4.06mg

Nutrients (% of daily need)

Calories: 271.27kcal (13.56%), Fat: 9.39g (14.44%), Saturated Fat: 2.27g (14.16%), Carbohydrates: 6.74g (2.25%), Net Carbohydrates: 6g (2.18%), Sugar: 1.46g (1.62%), Cholesterol: 93.55mg (31.18%), Sodium: 316.33mg (13.75%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 37.56g (75.12%), Selenium: 51.28µg (73.25%), Vitamin B3: 11.41mg (57.05%), Vitamin B6: 1.1mg (55.16%), Zinc: 7.16mg (47.74%), Phosphorus: 363.05mg (36.3%), Vitamin B12: 2.15µg (35.79%), Iron: 3.4mg (18.89%), Potassium: 643.5mg (18.39%), Vitamin B2: 0.27mg (15.92%), Vitamin B1: 0.2mg (13.4%), Magnesium: 45.2mg (11.3%), Vitamin B5: 1.13mg (11.29%), Folate: 38.63µg (9.66%), Copper: 0.19mg (9.43%), Vitamin E: 1.08mg (7.2%), Manganese: 0.1mg (5.2%), Calcium: 46.31mg (4.63%), Vitamin K: 4.66µg (4.44%), Vitamin C: 3.35mg (4.06%), Fiber: 0.74g (2.98%)