



Healthdor

[All Recipes](#)

[AI Recipe Builder](#)

[Similar Recipes](#)

7 1/2" Roast Beef ♦

This roast beef recipe is perfect for a delicious and hearty meal. The roast beef is cooked to perfection, tender and juicy. It can be served with a variety of side dishes and is great for special occasions or family gatherings.

Recipe Type: Standard

Prep Time: 20 mins

Cook Time: 120 mins

Total Time: 140 mins

Recipe Yield: 1000 grams

Number of Servings: 8

Serving Size: 125 g

Ingredients

1000 g	Roast Beef
2 tsp	salt
1 tsp	black pepper
1 tsp	garlic powder
1 tsp	onion powder

1 tsp paprika

2 tbsp olive oil

Directions

Step 1

Preheating

Preheat the oven to 325°F.

Prep Time: 10 mins

Cook Time: 0 mins

Step 2

Mixing

In a small bowl, mix together the salt, black pepper, garlic powder, onion powder, and paprika.

Prep Time: 5 mins

Cook Time: 0 mins

Step 3

Rubbing

Rub the olive oil all over the roast beef.

Prep Time: 2 mins

Cook Time: 0 mins

Step 4

Sprinkling

Sprinkle the spice mixture evenly over the roast beef.

Prep Time: 3 mins

Cook Time: 0 mins

Step 5

Placing

Place the roast beef on a rack in a roasting pan.

Prep Time: 2 mins

Cook Time: 0 mins

Step 6

Roasting

Roast the beef in the preheated oven for 2 hours, or until the internal temperature reaches 145°F for medium-rare.

Prep Time: 0 mins

Cook Time: 120 mins

Step 7

Resting

Remove the roast beef from the oven and let it rest for 10 minutes before slicing.

Prep Time: 0 mins

Cook Time: 10 mins

Step 8

Serving

Slice the roast beef and serve.

Prep Time: 0 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 250 kcal

Fat: 12 g

Protein: 32 g

Carbohydrates: 0 g

Nutrition Facts

Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	32 g	188.24%	188.24%

Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	0 g	0%	0%
Fibers	0 g	0%	0%
Sugars	0 g	N/A	N/A
Lactose	0 g	N/A	N/A

Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	5 g	N/A	N/A
Saturated Fat	3 g	13.64%	17.65%
Fat	12 g	42.86%	48%
Cholesterol	90 mg	N/A	N/A

Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	2 iu	0.22%	0.29%
Vitamin C	0 mg	0%	0%
Vitamin B6	15 mg	1153.85%	1153.85%
Vitamin B12	30 mcg	1250%	1250%
Vitamin E	4 mg	26.67%	26.67%
Vitamin D	0 mcg	0%	0%

Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	500 mg	21.74%	21.74%
Calcium	2 mg	0.2%	0.2%
Iron	15 mg	187.5%	83.33%
Potassium	400 mg	11.76%	15.38%
Zinc	30 mg	272.73%	375%
Selenium	50 mcg	90.91%	90.91%

Recipe Attributes

Seasonality

Fall

Kitchen Tools

Slow Cooker

Blender

Nutritional Content

Low Calorie

Cuisines

Italian

Middle Eastern

French

American

Diet

Anti-Inflammatory Diet

Meal Type

Breakfast

Lunch

Dinner

Snack

Supper

Events

Picnic

Barbecue

Course

Appetizers

Main Dishes

Side Dishes

Desserts

Difficulty Level

Medium

Visit our website: healthdor.com