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## Garlic Stuffed Roast · ·

A delicious roast recipe with a garlic stuffing. Perfect for a special occasion or holiday meal.

**Recipe Type:** Standard

**Prep Time:** 30 mins

**Cook Time:** 120 mins

**Total Time:** 150 mins

**Recipe Yield:** 1500 grams

**Number of Servings:** 10

**Serving Size:** 150 g

### Ingredients

<b>1500 g</b>	beef roast
<b>10 cloves</b>	garlic cloves
<b>4 tbsp</b>	olive oil
<b>2 tsp</b>	salt
<b>1 tsp</b>	black pepper

# Directions

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## Step 1

### Preheating

Preheat the oven to 350°F (175°C).

**Prep Time:** 10 mins

**Cook Time:** 0 mins

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## Step 2

### Cutting

Make small cuts in the beef roast and insert garlic cloves into the cuts.

**Prep Time:** 10 mins

**Cook Time:** 0 mins

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## Step 3

### Rubbing

Rub olive oil, salt, and black pepper all over the roast.

**Prep Time:** 5 mins

**Cook Time:** 0 mins

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## Step 4

## Roasting

Place the roast on a roasting pan and roast in the preheated oven for 2 hours, or until the internal temperature reaches 145°F (63°C) for medium-rare.

**Prep Time:** 5 mins

**Cook Time:** 120 mins

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## Step 5

### Resting

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

**Prep Time:** 0 mins

**Cook Time:** 10 mins

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## Step 6

### Serving

Slice the roast and serve.

**Prep Time:** 0 mins

**Cook Time:** 0 mins

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## Nutrition Facts

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**Calories:** 320 kcal

**Fat:** 15 g

**Protein:** 45 g

**Carbohydrates:** 0 g

## Nutrition Facts

### Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	45 g	264.71%	264.71%

### 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)
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Monounsaturated Fat	10 g	N/A	N/A
Saturated Fat	5 g	22.73%	29.41%
Fat	15 g	53.57%	60%
Cholesterol	150 mg	N/A	N/A

## Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	0 iu	0%	0%
Vitamin C	0 mg	0%	0%
Vitamin B6	30 mg	2307.69%	2307.69%
Vitamin B12	40 mcg	1666.67%	1666.67%
Vitamin E	6 mg	40%	40%
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	25 mg	312.5%	138.89%
Potassium	800 mg	23.53%	30.77%
Zinc	40 mg	363.64%	500%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Selenium	60 mcg	109.09%	109.09%

## Recipe Attributes

### Events

Christmas Thanksgiving Halloween Valentine's Day Barbecue

### Cuisines

Italian Chinese American

### Nutritional Content

Low Calorie High Protein Low Fat Low Carb Low Sodium High Iron  
High Calcium

### Kitchen Tools

Blender Oven Grill

### Course

Appetizers Main Dishes

### Meal Type

Lunch Dinner Snack

### Difficulty Level

Medium

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