

Roast beef dinner nutritional information

I'm not a robot!

Monday to 7:00 P.M.

ZEL'S

GREAT ROAST BEEF

For over 50 years Zel's has slow roasted only USDA Choice beef. We absolutely guarantee to continue the process of using only the finest ingredients in furthering the founder's tradition.

USDA Choice Beef Sandwiches

Italian Sausage/ Beef Combo with fries	\$ 7.99
Roast Beef or Bar-B-Que Beef with fries	\$ 7.99
Junior Beef or Junior Bar-B-Que Beef with fries	\$ 6.99
Chili Cheese Beef	\$ 7.99
Junior Chili Cheese Beef	\$ 6.99

Zel's Great Roast Beef

By The Pound

\$ 14.99 per lb.

Every Day Specials

2 Hot Dogs, One Order of Fries	\$ 4.99
2 Chili Cheese Dogs, One Order of Fries	\$ 5.99
2 Polish, One Order of Fries	\$ 5.99
2 Italian Sausages, One Order of Fries	\$ 5.99



BEEF ROASTING INFORMATION

To simplify the guess work, use the chart below for general guidance when purchasing your holiday beef roast. Each recommendation will provide an approximate 3 oz serving of cooked beef per person. You may wish to purchase a larger roast if you want second helpings or leftovers!

PURCHASING TIPS

- When cooking for 4 people or fewer, it is better to purchase a whole roast. For tips on how to prepare a delicious steak, visit [BeefsWhatsForDinner.com](#).
- For bone-in roasts, purchase a roast that has 1 lb for every 2 people.
- Call ahead to your meat counter to order the size of roast you prefer.

COOKING TIPS

- Insert an ovenproof meat thermometer so the tip is centered in the thickest part of the roast, not resting in fat or touching bone.
- Transfer the finished roast to a carving board and tent loosely with aluminum foil to rest before slicing.

TRIMMED TENDERLOIN ROAST

Number of Servings	Approximate Weight of Roast (lbs)	Oven Temperature (°F, preheated)	Degree of Doneness	Approximate Cooking Time	Remove roast when internal temperature reaches (°F)*
4-6	1-2	425	Medium Rare	30 min to 40 min	135
			Medium	35 min to 45 min	145
8-10	2-3	425	Medium Rare	35 min to 45 min	135
			Medium	45 min to 50 min	145

RIBEYE ROAST (BONELESS)

Number of Servings	Approximate Weight of Roast (lbs)	Oven Temperature (°F, preheated)	Degree of Doneness	Approximate Cooking Time	Remove roast when internal temperature reaches (°F)*
12-16	3-4	350	Medium Rare	1 hr 30 min to 1 hr 45 min	135
			Medium	1 hr 45 min to 2 hr	145

RIBEYE ROAST (BONE-IN)

Number of Servings	Number of Ribs	Approximate Weight of Roast (lbs)	Oven Temperature (°F, preheated)	Degree of Doneness	Approximate Cooking Time	Remove roast when internal temperature reaches (°F)*
4-6	2	4 to 6	350	Medium Rare	1 hr 45 min to 2 hr 15 min	135
				Medium	2 hr 15 min to 2 hr 45 min	145
8-10	4-5	8 to 10	350	Medium Rare	2 hr 30 min to 3 hr	135
				Medium	3 hr to 3 hr 30 min	145

*Use a meat thermometer to determine a thorough cooking temperature. The internal temperature of the roast will continue to rise once the roast is removed from the oven.

For Medium Rare doneness, a final internal temperature of 145°F will be achieved after 15 to 20 minutes resting time.

For Medium doneness, a final internal temperature of 160°F will be achieved after 15 to 20 minutes resting time.

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Spiced Crockpot Roast Beef

Submitted by [michelleappert](#) | [Comments \(0\)](#)



Rating:

Add to Favorites

Tags: Easy

Cook Time: 30 min

Cook Temperature: 175°

Servings: 4

[CALORIES/PLATE](#)

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Nutrition information per serving:

Calories: 453.0g Protein: 46.4g Carb: 9.3g Fat: 21.9g

Ingredients:

2 cup Kiel Celery
2 cup Kiel Green Beans
4 cup Kiel Potatoes, White
1 cup Kiel Scallions
2 cup Kiel Roast (raw)
1/2 cup Salt
2 cup Soy Sauce
1/2 cup Sesame Seed, ground
1 cup Soy Sauce
2 cup Water
1 cup Ground Black Pepper
2 cup Worcesterhire Sauce
4 cup Vegetable Stock

Preparation:

1. Trim all visible fat from roast. Rub black pepper and garlic onto roast; place in crock pot.

2. In small bowl, combine remaining spice blend and water; pour over roast.

3. Cover and cook on low for 8 to 10 hours or on high 4 to 5 hours.

4. Remove roast and let stand 10 minutes of resting.

5. Slice roast and serve. 1/2 to 3/4 cup of roast and 3 vegetable servings each.

One Serving Provides: 1 Lean, 2 Greens, 3 Carbohydrates

Nutrition Facts

8 servings per container

Serving size 1/8 recipe (190g)

Amount per serving

Calories **360**

% Daily Value*

Total Fat 19g 24%

Saturated Fat 8g 40%

Trans Fat 0g

Cholesterol 115mg 38%

Sodium 460mg 20%

Total Carbohydrate 15g 5%

Dietary Fiber 1g 4%

Total Sugars 6g

Includes 2g Added Sugars 4%

Protein 30g

Vitamin D 0mcg 0%

Calcium 35mg 2%

Iron 3mg 15%

Potassium 401mg 8%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

Nutrition Facts

Serving Size 4 oz (112g)

Servings Per Container 7

Amount Per Serving

Calories 160 **Calories from Fat** 60

% Daily Value*

Total Fat 7g 11%

Saturated Fat 2.5g 13%

Trans Fat 0g

Cholesterol 70mg 23%

Sodium 280mg 12%

Total Carbohydrate 0g 0%

Dietary Fiber 0g 0%

Sugars 0g

Protein 24g

Vitamin A 0% • **Vitamin C** 0%

Calcium 2% • **Iron** 15%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Carb Manager Carb Manager's content is for informational and educational purposes only. Our website is not intended to be a substitute for professional medical advice, diagnosis, or treatment. This British classic does not disappoint on the nutrient front, in fact it is the top meal in our database. This one is beef but it is still incredibly nutritious with chicken, lamb or pork. 100g beef dripping 1kg beef sirloin (more if you want leftovers) 1pt/560ml beef stock 250g broccoli 250g carrots 3/400g parsnips 1kg potatoes peeled. Salt and pepper to taste. More about these ingredients 1) Place the sirloin on the grill of a baking tray and season with salt and pepper. 2) Roast at 180 degrees for 1 hour or longer if you want it well done, set aside and cover to rest reserving the pan juices. 3) Whilst the beef is roasting boil the potatoes for 10 minutes and drain into a colander, once the steam has gone shake them up to create a rough surface. 4) Quarter the parsnips and cut the carrots into small batons. 5) Once the beef is out of the oven turn up to 235 degrees and put a baking tray in with the beef dripping to heat up. 6) Once the fat is hot put the potatoes and parsnips into the tray and baste well, return to the oven for 40 minutes. 7) When the potatoes are nearly ready put the broccoli florets and carrot batons into a steamer and steam for 5 minutes or until you like them cooked. 8) When the potatoes and parsnips are browned enough take them out of the oven. 9) To make the gravy add some flour to the meat juices and create a rue, add beef stock until the desired consistency is reached, or use instant granules and water if you prefer. 10) Plate it all up and serve with gravy on the side and Yorkshire puddings if desired (I use ready made just heat through on the oven for 4 minutes). Main info: Roast Beef Dinner Smithy's 1 Order 566.0 Calories 30.2g 18.4g 3.0g 172.0mg 5.1g 1724.0mg 0g 0g Report a problem with this food Note: Any items purchased after clicking our Amazon buttons will give us a little referral bonus. If you do click them, thank you! View the full Roast Dinner (Beef) Recipe & Instructions Here are the foods from our food nutrition database that were used for the nutrition calculations of this recipe. Calories per serving of Roast Dinner (Beef) 323 calories of Mashed Potatoes, (2 cup)123 calories of Beef Gravy, (1 cup)117 calories of Peas, canned, (1 cup)55 calories of Parsnips, (0.50 cup slices)50 calories of Beef Lunchmeat (roast beef), (1 oz)27 calories of Carrots, cooked, (0.50 cup slices) Proteins 7.80 Fats 3.20 Carbohydrates 10.90 Do you like Roast Beef Dinner? Check out other : Donations for innovations Homemade, 1 plateCalories: 700 • Carbs: 18g • Fat: 15g • Protein: 50gWetherspoons, 1 mealCalories: 933 • Carbs: 93g • Fat: 22g • Protein: 81gMorrison's, 400 gmsCalories: 410 • Carbs: 41g • Fat: 12g • Protein: 30gNan, 1 plate 6 oz roast beef, 2 carrots, 2 small potatoesCalories: 506 • Carbs: 0g • Fat: 0g • Protein: 0gSainsbury's, 1 Pack (400g)Calories: 324 • Carbs: 43g • Fat: 5g • Protein: 23g Have you ever asked yourself, "How much weight can I lose in a month?" or "How many meals a day should you eat?" Since 2005, a community of over 200 million members have used MyFitnessPal to answer those questions and more. With exercise demos, workout routines and more than 500 recipes available on the app, MyFitnessPal gives members a wellness roadmap for anything from the best fat burning workouts to healthy foods to eat. So whether your goal is walking for weight loss, tracking the foods you eat, or something else entirely, MyFitnessPal has the tools you need to start your fitness and health journey today.

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