

New York Strip Roast

Yield: 9 min
Total Time: 70 min

Recipe from: <https://www.recipeschoose.com/recipes/holiday-strip-roast-recipe>

Ingredients:

- 4 cloves garlic
- 3 tablespoons dried herbs Tbsp
- 2 tablespoons extra-virgin olive oil
- 4 tablespoons salt
- 1 1/2 teaspoons pepper
- 1 pound beef (4 to 5 lb)
- roast

Nutrition:

1. Calories: 140 calories
2. Carbohydrate: 1 grams
3. Cholesterol: 35 milligrams
4. Fat: 11 grams
5. Protein: 10 grams
6. SaturatedFat: 3.5 grams
7. Sodium: 3180 milligrams
8. TransFat: 0.5 grams

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