

Bottom Round Roast

Yield: 8 min
Total Time: 10 min

Recipe from: <https://www.recipeschoose.com/recipes/top-round-roast-mexican-recipe>

Ingredients:

- 4 pounds bottom round roast
- 2 teaspoons minced garlic
- 2 teaspoons dried basil
- 2 teaspoons dried thyme
- 1 teaspoon dried parsley
- 1 teaspoon kosher salt
- 1 teaspoon black pepper
- 2 tablespoons olive oil

Nutrition:

1. Calories: 470 calories
2. Carbohydrate: 1 grams
3. Cholesterol: 130 milligrams
4. Fat: 31 grams
5. Protein: 48 grams
6. SaturatedFat: 12 grams
7. Sodium: 430 milligrams

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