



Beef Rib Roast with Rosemary

 Gluten Free  Dairy Free  Low Fod Map

READY IN



150 min.

SERVINGS



10

CALORIES



163 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 beef shoulder roast bone-in with 4 ribs (8 lbs.; ribs should be left long)
- 2 teaspoons pepper black freshly ground
- 8 large sprigs rosemary leaves fresh
- 1 head cloves separated crushed peeled
- 1 tablespoon salt

Equipment

- bowl
- oven

- knife
- roasting pan
- kitchen thermometer
- aluminum foil
- kitchen twine

Directions

- Preheat oven to 45
- Combine salt and pepper in a small bowl. Using a sharp knife, cut a line down into the roast about 1/2 in. in front of the ribs to create a deep pocket into which you'll stuff the rosemary and garlic.
- Sprinkle the pocket with about half the salt mixture, then insert rosemary and garlic, allowing rosemary sprigs to poke out of the roast. Tie the roast between the ribs with kitchen string.
- Sprinkle the remaining salt mixture on the outside of the roast.
- Place in a large roasting pan with ribs pointing up.
- Cook 15 minutes, then reduce oven temperature to 350 and roast until a thermometer inserted in center of meat reaches 130 for rare, 75 to 90 minutes, or 140 for medium, about 2 hours.
- Remove from oven, tent with foil, and let rest for 30 minutes.
- Cut strings and remove rosemary. Carve and serve.

Nutrition Facts

 
 **PROTEIN 65.94%**  **FAT 32.82%**  **CARBS 1.24%**

Properties

Glycemic Index:3.2, Glycemic Load:0.05, Inflammation Score:-2, Nutrition Score:12.78130438859%

Flavonoids

Naringenin: 0.2mg, Naringenin: 0.2mg, Naringenin: 0.2mg, Naringenin: 0.2mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg

Nutrients (% of daily need)

Calories: 162.53kcal (8.13%), Fat: 5.7g (8.77%), Saturated Fat: 2.45g (15.32%), Carbohydrates: 0.49g (0.16%), Net Carbohydrates: 0.24g (0.09%), Sugar: 0g (0.01%), Cholesterol: 72.9mg (24.3%), Sodium: 759.41mg (33.02%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 25.76g (51.52%), Vitamin B12: 2.97µg (49.5%), Zinc: 7.24mg (48.29%), Selenium: 29.37µg (41.96%), Vitamin B6: 0.62mg (30.86%), Vitamin B3: 5.07mg (25.33%), Phosphorus: 225.36mg (22.54%), Iron: 2.76mg (15.36%), Vitamin B2: 0.2mg (11.67%), Potassium: 346.62mg (9.9%), Vitamin B5: 0.68mg (6.79%), Manganese: 0.13mg (6.62%), Magnesium: 25.09mg (6.27%), Copper: 0.1mg (5.25%), Vitamin B1: 0.07mg (4.86%), Vitamin K: 2.24µg (2.13%), Folate: 7.26µg (1.82%), Calcium: 16.17mg (1.62%)