



## Beef Rib Roast With Yorkshire Pudding



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



613 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- ☐ 10.5 ounce beef broth undiluted canned
- ☐ 2 medium carrots cut into 1-inch pieces
- ☐ 1 large onion quartered
- ☐ 0.5 teaspoon pepper
- ☐ 3 pound eye roast boneless
- ☐ 1 teaspoon salt
- ☐ 6 servings yorkshire pudding
- ☐ 1.3 cups water

☐ 2 tablespoons worcestershire sauce low-sodium

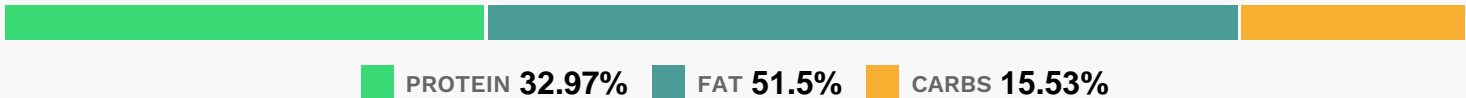
## Equipment

- ☐ frying pan
- ☐ paper towels
- ☐ oven
- ☐ roasting pan
- ☐ wooden spoon
- ☐ kitchen thermometer
- ☐ aluminum foil

## Directions

- ☐ Brush Worcestershire sauce over roast (do not trim fat); sprinkle with salt and pepper.
- ☐ Place roast, fat side up, on a rack coated with cooking spray; place rack in a roasting pan. Arrange onion and carrots on rack around roast. Insert meat thermometer into thickest portion of roast.
- ☐ Bake at 325 for 1 1/2 hours or until thermometer registers 130 (rare) to 160 (medium).
- ☐ Place roast on a serving platter; cover with aluminum foil. Set roasted vegetables aside.
- ☐ Reserve 1 tablespoon drippings from pan for Yorkshire Pudding; set aside. Wipe remaining drippings from pan with paper towels, leaving browned bits on bottom of pan.
- ☐ Add roasted vegetables, water, and broth to pan; bring to a boil over medium-high heat, scraping bottom of pan with a wooden spoon to loosen browned bits. Cook 15 minutes or until broth is reduced to 1 cup.
- ☐ Remove from heat; discard vegetables.
- ☐ Slice the roast thinly; serve with broth and Yorkshire Pudding.

## Nutrition Facts



## Properties

Glycemic Index:17.64, Glycemic Load:1.18, Inflammation Score:-9, Nutrition Score:27.448695390121%

Flavonoids

Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 5.12mg, Quercetin: 5.12mg, Quercetin: 5.12mg, Quercetin: 5.12mg

Nutrients (% of daily need)

Calories: 613.33kcal (30.67%), Fat: 35.01g (53.86%), Saturated Fat: 15.34g (95.87%), Carbohydrates: 23.75g (7.92%), Net Carbohydrates: 20.96g (7.62%), Sugar: 17.22g (19.13%), Cholesterol: 138.35mg (46.12%), Sodium: 787.51mg (34.24%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 50.43g (100.86%), Selenium: 55.87µg (79.81%), Zinc: 11.74mg (78.3%), Vitamin A: 3436.79IU (68.74%), Vitamin B12: 3.99µg (66.45%), Vitamin B3: 11.76mg (58.81%), Vitamin B2: 0.84mg (49.48%), Vitamin B6: 0.97mg (48.42%), Phosphorus: 351.07mg (35.11%), Iron: 4.42mg (24.55%), Potassium: 783.8mg (22.39%), Calcium: 189.83mg (18.98%), Vitamin B1: 0.23mg (15.31%), Magnesium: 55.08mg (13.77%), Fiber: 2.79g (11.15%), Copper: 0.22mg (10.88%), Vitamin D: 1.16µg (7.76%), Vitamin K: 6.52µg (6.21%), Vitamin C: 3.79mg (4.59%), Manganese: 0.09mg (4.43%), Folate: 16.89µg (4.22%)