



Beer-Braised Holiday Top of the Rib



Gluten Free



Dairy Free



Very Healthy

READY IN



45 min.

SERVINGS



10

CALORIES



431 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 pound baby carrots with greens peeled
- ☐ 36 ounce beer dark canned
- ☐ 1 teaspoon pepper black freshly ground
- ☐ 1 tablespoon t brown sugar dark
- ☐ 1 garlic halved
- ☐ 0.5 teaspoon garlic powder
- ☐ 1 tablespoon ground cumin
- ☐ 1 tablespoon coffee instant

- ☐ 1 teaspoon kosher salt
- ☐ 3 tablespoons olive oil
- ☐ 0.5 teaspoon onion powder
- ☐ 1 pound parsnips peeled halved
- ☐ 1 tablespoon paprika smoked sweet hot
- ☐ 5 pound beef top sirloin steaks

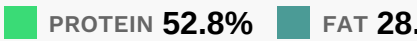
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ paper towels
- ☐ oven
- ☐ dutch oven
- ☐ cutting board

Directions

- ☐ Preheat the oven to 325°F
- ☐ Combine the paprika, brown sugar, cumin, coffee, salt, pepper, onion powder, and garlic powder in a small bowl and stir to mix. Pat the meat dry with paper towels and rub the spice mixture all over.
- ☐ Heat the olive oil in a large Dutch oven over medium-high heat. Sear the meat until nicely browned, 4 to 6 minutes per side.
- ☐ Pour the beer over the meat, cover, and transfer to the oven.
- ☐ Roast for 2 hours. Flip the meat over.
- ☐ Add the garlic, parsnips, and carrots. Cover and roast until the meat and vegetables are tender, about 1 1/2 hours more.
- ☐ Transfer the meat to a cutting board and let rest at least 15 minutes before slicing.
- ☐ Transfer the vegetable and garlic to a platter, reserving the pan sauce.
- ☐ Reprinted with permission from Joy of Kosher: Fast, Fresh Family Recipes by Jamie Geller, © 2013 Simon and Schuster, Inc.

Nutrition Facts

 **PROTEIN 52.8%**  **FAT 28.84%**  **CARBS 18.36%**

Properties

Glycemic Index:17.95, Glycemic Load:4.64, Inflammation Score:-10, Nutrition Score:33.786956331004%

Flavonoids

Catechin: 0.39mg, Catechin: 0.39mg, Catechin: 0.39mg, Catechin: 0.39mg Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg Kaempferol: 0.83mg, Kaempferol: 0.83mg, Kaempferol: 0.83mg, Kaempferol: 0.83mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.47mg, Quercetin: 0.47mg, Quercetin: 0.47mg, Quercetin: 0.47mg Gallocatechin: 0.08mg, Gallocatechin: 0.08mg, Gallocatechin: 0.08mg, Gallocatechin: 0.08mg

Nutrients (% of daily need)

Calories: 431.27kcal (21.56%), Fat: 12.66g (19.48%), Saturated Fat: 3.61g (22.54%), Carbohydrates: 18.13g (6.04%), Net Carbohydrates: 14.2g (5.16%), Sugar: 5.6g (6.22%), Cholesterol: 133.81mg (44.6%), Sodium: 405.9mg (17.65%), Alcohol: 3.98g (100%), Alcohol %: 1.18% (100%), Caffeine: 15.7mg (5.23%), Protein: 52.15g (104.31%), Vitamin A: 6608.56IU (132.17%), Selenium: 71.95µg (102.78%), Vitamin B3: 16.01mg (80.05%), Vitamin B6: 1.59mg (79.27%), Zinc: 9.5mg (63.35%), Phosphorus: 546.21mg (54.62%), Vitamin B12: 2.15µg (35.87%), Potassium: 1167.53mg (33.36%), Iron: 4.98mg (27.68%), Manganese: 0.43mg (21.5%), Vitamin B2: 0.35mg (20.51%), Magnesium: 81.81mg (20.45%), Vitamin B5: 2.01mg (20.05%), Folate: 78.84µg (19.71%), Vitamin K: 20.43µg (19.46%), Vitamin B1: 0.24mg (15.84%), Fiber: 3.93g (15.72%), Copper: 0.3mg (14.81%), Vitamin E: 2.14mg (14.29%), Vitamin C: 9.06mg (10.98%), Calcium: 95.83mg (9.58%)