



Buffalo Prime Rib with Orange Balsamic Glaze



Gluten Free



Dairy Free



Low Fod Map

READY IN



1500 min.

SERVINGS



8

CALORIES



1211 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 8 servings orange balsamic glaze
- ☐ 1.5 cups beef broth
- ☐ 0.7 cup cooking wine dry red
- ☐ 0.3 cup madeira wine (preferably Sercial)
- ☐ 7 lb beef prime rib roast bone-in room temperature (sometimes called standing rib roast; 3 or 4 ribs) (allow 1 hour)
- ☐ 4.5 cups water

Equipment

- ☐ frying pan
- ☐ oven
- ☐ sieve
- ☐ roasting pan
- ☐ kitchen thermometer
- ☐ gravy boat

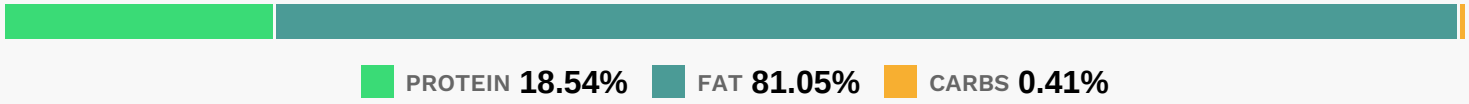
Directions

- ☐ Preheat oven to 450°F.
- ☐ If using beef, trim all but a thin layer of fat from roast. Generously season buffalo or beef with salt and pepper. Roast buffalo, fat side up, on V-rack in a 17- by 12- by 2-inch flameproof roasting pan in middle of oven 15 minutes (use a 13- by 9- by 2-inch flameproof roasting pan for beef, which is taller and narrower than buffalo).
- ☐ Reduce oven temperature to 350°F and add 1/2 cup water to roasting pan, then continue to roast meat 30 minutes more.
- ☐ Brush meat with some of glaze and add 1/2 cup water to pan, then continue to roast, brushing with glaze and adding 1/2 cup water to pan every 15 minutes, until thermometer inserted into center of roast (do not touch bone) registers 125°F, 2 to 2 1/4 hours more (115°F for beef, 1 3/4 to 2 hours more).
- ☐ Transfer meat to a large platter and let stand, uncovered, 25 minutes. (Meat will continue to cook as it stands, reaching about 135°F for medium-rare buffalo or 130°F for medium-rare beef.)
- ☐ If using buffalo, straddle roasting pan across 2 burners, then add red wine and Madeira and deglaze pan by boiling over moderately high heat, stirring and scraping up brown bits, 2 minutes.
- ☐ Add broth and boil until reduced to about 1 1/2 cups, about 3 minutes. (If using beef, pour pan juices into a 1-quart fat-separator pitcher or glass measure and skim off fat, then pour juices back into pan. Straddle roasting pan across 2 burners and deglaze pan by boiling juices over moderately high heat, stirring and scraping up brown bits, until reduced to about 2/3 cup, about 8 minutes.
- ☐ Add red wine and Madeira and boil until reduced to about 2/3 cup, 3 to 4 minutes.
- ☐ Add broth and boil until reduced to about 2 cups, about 6 minutes.)

- ☐
- Stir in any buffalo or beef juices accumulated on platter and season jus with salt, if necessary.

☐☐

Nutrition Facts



Properties

Glycemic Index:1.88, Glycemic Load:0.03, Inflammation Score:-2, Nutrition Score:25.118261276299%

Flavonoids

Petunidin: 0.66mg, Petunidin: 0.66mg, Petunidin: 0.66mg, Petunidin: 0.66mg Delphinidin: 0.84mg, Delphinidin: 0.84mg, Delphinidin: 0.84mg, Delphinidin: 0.84mg Malvidin: 5.25mg, Malvidin: 5.25mg, Malvidin: 5.25mg, Malvidin: 5.25mg Peonidin: 0.37mg, Peonidin: 0.37mg, Peonidin: 0.37mg, Peonidin: 0.37mg Catechin: 1.6mg, Catechin: 1.6mg, Catechin: 1.6mg, Catechin: 1.6mg Epicatechin: 2.17mg, Epicatechin: 2.17mg, Epicatechin: 2.17mg, Epicatechin: 2.17mg Hesperetin: 0.03mg, Hesperetin: 0.03mg, Hesperetin: 0.03mg, Hesperetin: 0.03mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 0.12mg, Quercetin: 0.12mg, Quercetin: 0.12mg, Quercetin: 0.12mg

Nutrients (% of daily need)

Calories: 1211.11kcal (60.56%), Fat: 105.65g (162.54%), Saturated Fat: 44.12g (275.77%), Carbohydrates: 1.2g (0.4%), Net Carbohydrates: 1.2g (0.44%), Sugar: 0.27g (0.3%), Cholesterol: 240.04mg (80.01%), Sodium: 351.13mg (15.27%), Alcohol: 2.87g (100%), Alcohol %: 0.67% (100%), Protein: 54.37g (108.75%), Vitamin B12: 9.23µg (153.88%), Selenium: 69.33µg (99.05%), Zinc: 12.02mg (80.16%), Vitamin B6: 1.04mg (52.09%), Phosphorus: 513.95mg (51.4%), Vitamin B3: 9.53mg (47.64%), Iron: 5.76mg (32.02%), Vitamin B2: 0.44mg (26.12%), Potassium: 906.44mg (25.9%), Vitamin B1: 0.27mg (17.87%), Magnesium: 56.32mg (14.08%), Copper: 0.21mg (10.58%), Vitamin B5: 1.01mg (10.13%), Folate: 17.64µg (4.41%), Calcium: 37.37mg (3.74%), Manganese: 0.05mg (2.5%)