



Coriander and Black Pepper-Crusted Rib Roast with Roasted Onions

 Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



12

CALORIES



406 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1.5 teaspoons pepper black freshly ground
- 1 tablespoon dijon mustard
- 1 teaspoon rosemary dried
- 6 garlic sliced
- 1 teaspoon garlic powder
- 1 tablespoon ground coriander
- 1 tablespoon honey

- 0.5 cup beef broth
- 5 pound fat-trimmed beef flank steak trimmed
- 1 teaspoon salt
- 1 teaspoon sugar
- 6 cups frangelico sweet thinly sliced (5 large)

Equipment

- bowl
- frying pan
- oven
- roasting pan
- kitchen thermometer
- aluminum foil

Directions

- Preheat oven to 450
- Sprinkle roast with salt.
- Combine mustard and honey in a small bowl; rub over roast to coat.
- Combine coriander, pepper, and garlic powder in a small bowl.
- Sprinkle evenly over roast.
- Place roast in a roasting pan coated with cooking spray.
- Bake at 450 for 20 minutes. Reduce oven temperature to 300 (do not remove roast from oven), and bake for 1 hour and 30 minutes or until a thermometer inserted into center of roast registers 130
- Remove from oven, and tent loosely with foil.
- Let stand at least 15 minutes before thinly slicing.
- While roast bakes, heat a large nonstick skillet over medium-high heat. Coat pan with cooking spray.
- Add onion, rosemary, sugar, and garlic; cook 20 minutes or until onions are golden brown, stirring occasionally. Stir in broth, scraping pan to loosen browned bits.

- Add onion mixture to roasting pan for last 15 minutes of baking time.
- Garnish with parsley, sage, rosemary, pears, and orange wedges, if desired.

Nutrition Facts

PROTEIN 37.78% **FAT 59.36%** **CARBS 2.86%**

Properties

Glycemic Index:24.28, Glycemic Load:1.17, Inflammation Score:0, Nutrition Score:17.579130434783%

Flavonoids

Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 406.06kcal (20.3%), Fat: 26.86g (41.32%), Saturated Fat: 11.9g (74.38%), Carbohydrates: 2.91g (0.97%), Net Carbohydrates: 2.56g (0.93%), Sugar: 1.81g (2.01%), Cholesterol: 115.29mg (38.43%), Sodium: 324.83mg (14.12%), Protein: 38.47g (76.93%), Selenium: 46.95µg (67.07%), Zinc: 9.76mg (65.04%), Vitamin B12: 3.14µg (52.29%), Vitamin B3: 9.29mg (46.43%), Vitamin B6: 0.78mg (38.95%), Phosphorus: 279.01mg (27.9%), Vitamin B2: 0.46mg (26.88%), Iron: 3.41mg (18.97%), Potassium: 547.02mg (15.63%), Vitamin B1: 0.17mg (11.61%), Magnesium: 42.72mg (10.68%), Copper: 0.16mg (8.12%), Manganese: 0.07mg (3.73%), Vitamin K: 3.29µg (3.13%), Calcium: 21.33mg (2.13%), Folate: 6.02µg (1.51%), Fiber: 0.35g (1.41%), Vitamin D: 0.19µg (1.26%)