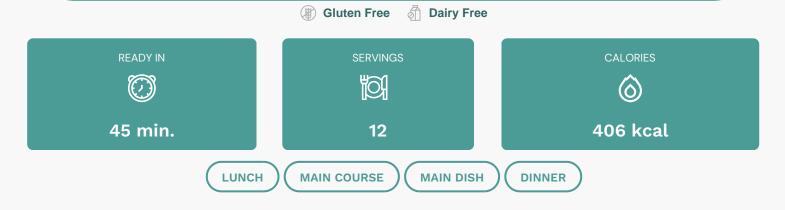


Coriander and Black Pepper-Crusted Rib Roast with Roasted Onions



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)
Eq	uipment
	bowl
	frying pan
	oven
	roasting pan
	kitchen thermometer
	aluminum foil
Di	rections
	Preheat oven to 45
	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 13
	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.

	01		o .			
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%

Add onion mixture to roasting pan for last 15 minutes of baking time.

Flavonoids

Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg 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%)