



Coriander and Black Pepper-Crusted Rib Roast with Roasted Onions



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



12

CALORIES



432 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 cloves sliced
- ☐ 1 teaspoon garlic powder
- ☐ 1 tablespoon ground coriander
- ☐ 1 tablespoon honey

- ☐ 0.5 cup less-sodium beef broth
- ☐ 5 pound rib-eye roast trimmed
- ☐ 1 teaspoon salt
- ☐ 1 teaspoon sugar
- ☐ 6 cups rio sweet thinly sliced (5 large)

Equipment

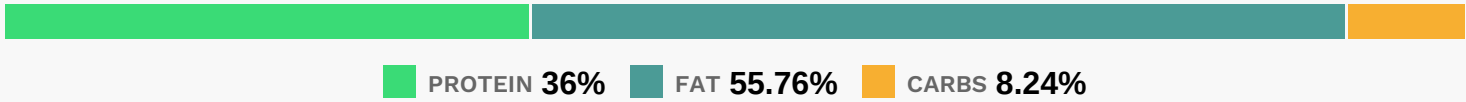
- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ roasting pan
- ☐ kitchen thermometer
- ☐ aluminum foil

Directions

- ☐ 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.

- ☐
- 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



Properties

Glycemic Index:24.28, Glycemic Load:1.17, Inflammation Score:-5, Nutrition Score:19.235652427958%

Flavonoids

Epigallocatechin 3–gallate: 0.06mg, Epigallocatechin 3–gallate: 0.06mg, Epigallocatechin 3–gallate: 0.06mg, Epigallocatechin 3–gallate: 0.06mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.92mg, Kaempferol: 0.92mg, Kaempferol: 0.92mg, Kaempferol: 0.92mg Myricetin: 0.94mg, Myricetin: 0.94mg, Myricetin: 0.94mg Quercetin: 11.64mg, Quercetin: 11.64mg, Quercetin: 11.64mg, Quercetin: 11.64mg

Nutrients (% of daily need)

Calories: 431.66kcal (21.58%), Fat: 26.92g (41.42%), Saturated Fat: 11.9g (74.38%), Carbohydrates: 8.95g (2.98%), Net Carbohydrates: 7.88g (2.87%), Sugar: 5.83g (6.47%), Cholesterol: 115.29mg (38.43%), Sodium: 331.23mg (14.4%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 39.11g (78.21%), Selenium: 47.35µg (67.64%), Zinc: 9.86mg (65.73%), Vitamin B12: 3.14µg (52.29%), Vitamin B3: 9.39mg (46.97%), Vitamin B6: 0.88mg (44.15%), Phosphorus: 300.61mg (30.06%), Vitamin B2: 0.47mg (27.82%), Iron: 3.62mg (20.12%), Potassium: 642.22mg (18.35%), Vitamin B1: 0.21mg (13.79%), Magnesium: 49.92mg (12.48%), Copper: 0.21mg (10.36%), Manganese: 0.14mg (6.77%), Folate: 24.42µg (6.11%), Vitamin C: 4.42mg (5.35%), Fiber: 1.07g (4.29%), Calcium: 37.33mg (3.73%), Vitamin K: 3.53µg (3.36%), Vitamin D: 0.19µg (1.26%)