



Cross Rib Roast

 Dairy Free  Very Healthy

READY IN



205 min.

SERVINGS



1

CALORIES



7543 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 beef bouillon cubes
- ☐ 0.5 teaspoon pepper black freshly ground
- ☐ 10.8 ounce condensed golden mushroom soup canned
- ☐ 0.3 cup dijon mustard
- ☐ 1 ounce onion soup mix dry
- ☐ 3 cloves garlic crushed to taste
- ☐ 1 tablespoon garlic powder
- ☐ 2 tablespoons olive oil light

- ☐ 1 tablespoon ground mustard dry
- ☐ 1 tablespoon paprika plus more for sprinkling
- ☐ 0.5 cup red wine
- ☐ 5 pound beef cross rib roast
- ☐ 0.5 teaspoon salt to taste
- ☐ 1.3 cups water

Equipment

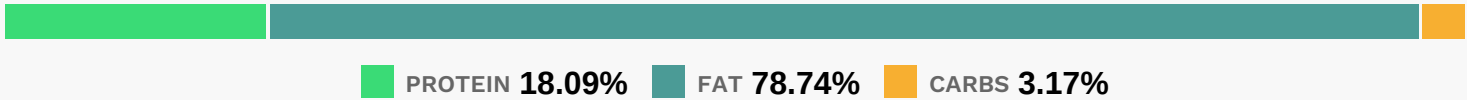
- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ roasting pan
- ☐ aluminum foil

Directions

- ☐ Preheat oven to 375 degrees F (190 degrees C).
- ☐ Place the roast into a roasting pan. In a bowl, mix the Dijon mustard, 10 cloves of garlic, black pepper, garlic powder, salt, dry mustard powder, olive oil, and 1 tablespoon of paprika into a paste.
- ☐ Spread the paste over the top and sides of the roast.
- ☐ Pour the water and red wine into the roasting pan, and sprinkle in the dry onion soup mix. Drop in the beef bouillon cubes.
- ☐ Sprinkle the top of the roast generously with more paprika and 3 more crushed cloves of garlic. Cover the roast with aluminum foil.
- ☐ Roast in the preheated oven for 1 hour, and reduce temperature to 350 degrees C (175 degrees C). Roast until the meat is tender, about 2 more hours, basting occasionally with pan liquid.
- ☐ Remove foil during last 30 minutes of roasting to help brown the meat.
- ☐ Remove roast to a platter.

Place roasting pan over medium heat, and bring the liquid to a simmer. Scrape up and dissolve any brown flavor bits from the bottom of the pan into the liquid. Stir the golden mushroom soup into the pan drippings until the gravy is smooth and thickened. To serve, slice the roast, pour hot gravy over the slices, and serve with remaining gravy.

Nutrition Facts



Properties

Glycemic Index:129, Glycemic Load:2.15, Inflammation Score:-10, Nutrition Score:71.035217596137%

Flavonoids

Cyanidin: 0.23mg, Cyanidin: 0.23mg, Cyanidin: 0.23mg, Cyanidin: 0.23mg Petunidin: 2.38mg, Petunidin: 2.38mg, Petunidin: 2.38mg, Petunidin: 2.38mg Delphinidin: 2.41mg, Delphinidin: 2.41mg, Delphinidin: 2.41mg, Delphinidin: 2.41mg Malvidin: 16.61mg, Malvidin: 16.61mg, Malvidin: 16.61mg, Malvidin: 16.61mg Peonidin: 1.5mg, Peonidin: 1.5mg, Peonidin: 1.5mg, Peonidin: 1.5mg Catechin: 8.57mg, Catechin: 8.57mg, Catechin: 8.57mg, Catechin: 8.57mg Epigallocatechin: 0.07mg, Epigallocatechin: 0.07mg, Epigallocatechin: 0.07mg, Epigallocatechin: 0.07mg Epicatechin: 4.55mg, Epicatechin: 4.55mg, Epicatechin: 4.55mg, Epicatechin: 4.55mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Hesperetin: 0.76mg, Hesperetin: 0.76mg, Hesperetin: 0.76mg, Hesperetin: 0.76mg Naringenin: 2.12mg, Naringenin: 2.12mg, Naringenin: 2.12mg, Naringenin: 2.12mg Apigenin: 0.18mg, Apigenin: 0.18mg, Apigenin: 0.18mg, Apigenin: 0.18mg Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.65mg, Myricetin: 0.65mg, Myricetin: 0.65mg, Myricetin: 0.65mg Quercetin: 1.4mg, Quercetin: 1.4mg, Quercetin: 1.4mg, Quercetin: 1.4mg Gallocatechin: 0.1mg, Gallocatechin: 0.1mg, Gallocatechin: 0.1mg, Gallocatechin: 0.1mg

Nutrients (% of daily need)

Calories: 7543.48kcal (377.17%), Fat: 645.26g (992.71%), Saturated Fat: 260.1g (1625.61%), Carbohydrates: 58.3g (19.43%), Net Carbohydrates: 47.79g (17.38%), Sugar: 5.89g (6.55%), Cholesterol: 1387.22mg (462.41%), Sodium: 9475.26mg (411.97%), Alcohol: 12.72g (100%), Alcohol %: 0.57% (100%), Protein: 333.62g (667.24%), Vitamin B12: 53.15µg (885.8%), Selenium: 444.69µg (635.27%), Zinc: 74.09mg (493.91%), Vitamin B6: 6.76mg (337.94%), Phosphorus: 3307.58mg (330.76%), Vitamin B3: 57.72mg (288.61%), Iron: 39.92mg (221.76%), Potassium: 6264.52mg (178.99%), Vitamin B2: 2.98mg (175.04%), Vitamin B1: 1.98mg (131.75%), Manganese: 2.49mg (124.49%), Magnesium: 452.86mg (113.22%), Copper: 2.1mg (104.81%), Vitamin B5: 7.2mg (72.05%), Vitamin A: 3521.89IU (70.44%), Vitamin E: 6.82mg (45.48%), Fiber: 10.51g (42.03%), Folate: 145.13µg (36.28%), Calcium: 362.44mg (36.24%), Vitamin K: 26.8µg (25.52%), Vitamin C: 4.76mg (5.77%)