



HEALTH SCORE

100%

Delectable Prime Rib and Au Jus



Gluten Free



Dairy Free



Very Healthy

READY IN



265 min.

SERVINGS



1

CALORIES



13913 kcal

SAUCE

Ingredients



1 tablespoon concentrated beef base (paste)



0.5 cup peppercorns whole black



0.5 carrots peeled coarsely chopped



1 stalk celery quartered



2 tablespoons cooking wine dry red



1 teaspoon thyme leaves fresh finely chopped



1 clove garlic minced



0.5 teaspoon garlic powder

- ☐ 1 teaspoon oregano dried
- ☐ 10 pound prime rib loin roast
- ☐ 2 teaspoons salt
- ☐ 2.5 cups water
- ☐ 0.5 onion white coarsely chopped

Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ oven
- ☐ roasting pan
- ☐ kitchen thermometer

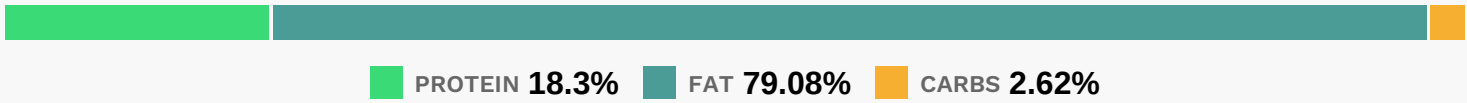
Directions

- ☐ Preheat oven to 350 degrees F (175 degrees C). Trim any thick pieces of dense, hard fat from the roast, but leave smaller areas of fat in place.
- ☐ In a bowl, mix 2 cups of beef base with minced garlic, and rub the mixture generously all over the roast.
- ☐ Sprinkle the roast with 1/2 cup of fresh thyme, 1/2 cup of oregano, the black peppercorns, and salt.
- ☐ Place into a roasting pan.
- ☐ Roast in the preheated oven until the meat has formed a brown crust and a quick-read meat thermometer inserted into the thickest part of the roast measures 135 degrees F (57 degrees C), for medium-rare, about 3 hours. If you prefer the meat well-done, roast an additional 45 minutes.
- ☐ Remove roast from oven, and allow to stand while you make the sauce. Temperature of the meat will rise about 10 more degrees as it rests.
- ☐ Pour the water into a saucepan, and dissolve 1 tablespoon of beef base in the water.
- ☐ Mix in the red wine, and stir in 1 teaspoon of thyme, 1 teaspoon of oregano, and the garlic powder.

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Add the celery, onion, and carrot pieces to the sauce. Bring the mixture to a boil, and cook, stirring often, until the sauce reduces by half, 20 to 30 minutes. Strain sauce and discard vegetables before serving sauce with the roast.

Nutrition Facts



Properties

Glycemic Index:222.83, Glycemic Load:17.36, Inflammation Score:-10, Nutrition Score:82.020869503851%

Flavonoids

Petunidin: 1mg, Petunidin: 1mg, Petunidin: 1mg, Petunidin: 1mg Delphinidin: 1.25mg, Delphinidin: 1.25mg, Delphinidin: 1.25mg, Delphinidin: 1.25mg Malvidin: 7.87mg, Malvidin: 7.87mg, Malvidin: 7.87mg, Malvidin: 7.87mg Peonidin: 0.56mg, Peonidin: 0.56mg, Peonidin: 0.56mg, Peonidin: 0.56mg Catechin: 2.31mg, Catechin: 2.31mg, Catechin: 2.31mg, Catechin: 2.31mg Epicatechin: 3.2mg, Epicatechin: 3.2mg, Epicatechin: 3.2mg, Epicatechin: 3.2mg Apigenin: 1.2mg, Apigenin: 1.2mg, Apigenin: 1.2mg, Apigenin: 1.2mg Luteolin: 1.38mg, Luteolin: 1.38mg, Luteolin: 1.38mg, Luteolin: 1.38mg Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg Kaempferol: 0.53mg, Kaempferol: 0.53mg, Kaempferol: 0.53mg, Kaempferol: 0.53mg Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg Quercetin: 11.61mg, Quercetin: 11.61mg, Quercetin: 11.61mg, Quercetin: 11.61mg

Nutrients (% of daily need)

Calories: 13913.3kcal (695.67%), Fat: 1210.7g (1862.61%), Saturated Fat: 505.55g (3159.67%), Carbohydrates: 90.43g (30.14%), Net Carbohydrates: 56.75g (20.64%), Sugar: 5.94g (6.61%), Cholesterol: 2743.53mg (914.51%), Sodium: 7980.92mg (347%), Alcohol: 3.15g (100%), Alcohol %: 0.08% (100%), Protein: 630.41g (1260.83%), Vitamin B12: 105.21µg (1753.51%), Selenium: 797.23µg (1138.91%), Zinc: 139.04mg (926.96%), Manganese: 15.89mg (794.56%), Vitamin B6: 12.39mg (619.67%), Phosphorus: 6041.73mg (604.17%), Vitamin B3: 106.95mg (534.75%), Iron: 77.92mg (432.88%), Potassium: 11963.21mg (341.81%), Vitamin B2: 5.26mg (309.35%), Vitamin B1: 3.26mg (217.12%), Vitamin K: 222.1µg (211.53%), Magnesium: 844.51mg (211.13%), Copper: 3.93mg (196.66%), Fiber: 33.69g (134.74%), Vitamin B5: 13.41mg (134.05%), Vitamin A: 6052.46IU (121.05%), Calcium: 975.95mg (97.6%), Folate: 249.3µg (62.32%), Vitamin C: 11.31mg (13.71%), Vitamin E: 1.93mg (12.85%)