



Dijon and Herb-Crusted Standing Beef Rib Roast

 Dairy Free

READY IN



45 min.

SERVINGS



12

CALORIES



582 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 teaspoon pepper black
- ☐ 0.3 cup dijon mustard
- ☐ 0.5 cup basil fresh chopped
- ☐ 0.5 cup parsley fresh chopped
- ☐ 1 teaspoon thyme leaves fresh chopped
- ☐ 3 garlic cloves minced
- ☐ 1 teaspoon salt

- ☐ 5 pound standing rib roast trimmed
- ☐ 2 ounce bread white

Equipment

- ☐ food processor
- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ roasting pan
- ☐ kitchen thermometer

Directions

- ☐ Place bread slices in a food processor, and pulse 10 times or until fine crumbs measure 3/4 cup.
- ☐ Heat a small skillet over medium heat.
- ☐ Add breadcrumbs to pan, and cook 12 minutes or until toasted, stirring frequently. Cool 5 minutes.
- ☐ Let roast stand at room temperature 1 hour.
- ☐ Sprinkle with salt and pepper.
- ☐ Heat a large skillet over medium-high heat. Coat pan with cooking spray.
- ☐ Add roast to pan; cook 5 minutes, browning on all sides.
- ☐ Remove roast from pan.
- ☐ Combine basil and next 4 ingredients (through garlic) in a bowl; spread mustard mixture over roast. Pat breadcrumbs onto roast.
- ☐ Place roast on the rack of a roasting pan coated with cooking spray; place rack in pan.
- ☐ Preheat oven to 200
- ☐ Bake roast at 200 for 3 1/2 hours or until a thermometer registers 135 or until desired degree of doneness.
- ☐ Let stand 20 minutes before slicing.

Nutrition Facts

 **PROTEIN 18.44%**  **FAT 79.38%**  **CARBS 2.18%**

Properties

Glycemic Index:26.31, Glycemic Load:1.79, Inflammation Score:-4, Nutrition Score:16.566086877947%

Flavonoids

Apigenin: 5.39mg, Apigenin: 5.39mg, Apigenin: 5.39mg, Apigenin: 5.39mg Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.38mg, Myricetin: 0.38mg, Myricetin: 0.38mg, Myricetin: 0.38mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 582.14kcal (29.11%), Fat: 50.64g (77.91%), Saturated Fat: 21.05g (131.54%), Carbohydrates: 3.13g (1.04%), Net Carbohydrates: 2.64g (0.96%), Sugar: 0.36g (0.4%), Cholesterol: 114.31mg (38.1%), Sodium: 359.13mg (15.61%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 26.48g (52.95%), Vitamin B12: 4.38µg (73.03%), Selenium: 35.84µg (51.2%), Vitamin K: 45.39µg (43.23%), Zinc: 5.84mg (38.92%), Vitamin B6: 0.51mg (25.7%), Phosphorus: 255.72mg (25.57%), Vitamin B3: 4.67mg (23.35%), Iron: 3.18mg (17.66%), Vitamin B2: 0.23mg (13.3%), Potassium: 452.81mg (12.94%), Vitamin B1: 0.16mg (11%), Magnesium: 31.66mg (7.91%), Copper: 0.11mg (5.61%), Vitamin A: 275.52IU (5.51%), Manganese: 0.11mg (5.45%), Vitamin B5: 0.54mg (5.36%), Vitamin C: 4.03mg (4.88%), Folate: 18.14µg (4.53%), Calcium: 35.27mg (3.53%), Fiber: 0.49g (1.96%)