



Dijon-Wine Marinated Rib Roast



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



10

CALORIES



230 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 tablespoon dijon mustard
- ☐ 0.1 teaspoon tarragon dried
- ☐ 1 clove garlic crushed
- ☐ 2 tablespoons olive oil
- ☐ 2 tablespoons pepper freshly ground
- ☐ 3 pound top round beef roast boneless
- ☐ 0.5 teaspoon salt
- ☐ 0.5 cup burgundy dry red

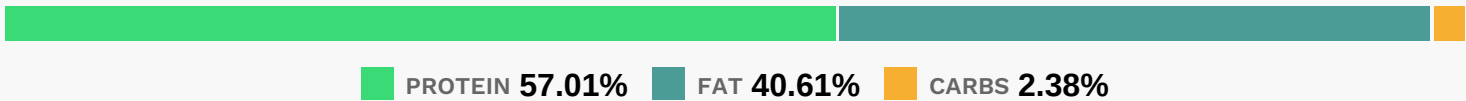
Equipment

- ☐ oven
- ☐ roasting pan
- ☐ kitchen thermometer
- ☐ ziploc bags

Directions

- ☐ Place roast in a large heavy-duty, zip-top plastic bag.
- ☐ Combine wine and remaining ingredients; pour over roast. Seal bag; marinate in refrigerator 8 hours, turning bag occasionally.
- ☐ Remove roast from marinade, discarding marinade.
- ☐ Place roast on a rack in a shallow roasting pan. Insert meat thermometer, making sure it does not touch fat.
- ☐ Bake at 350 for 1 hour and 15 minutes or until meat thermometer registers 145 (medium-rare) or 160 (medium).
- ☐ Let stand 10 minutes before slicing.
- ☐ Note: Rib-eye roasts are also packaged as rib roasts.

Nutrition Facts



Properties

Glycemic Index:16.4, Glycemic Load:0.19, Inflammation Score:-2, Nutrition Score:15.63217390361%

Flavonoids

Petunidin: 0.4mg, Petunidin: 0.4mg, Petunidin: 0.4mg, Petunidin: 0.4mg Delphinidin: 0.5mg, Delphinidin: 0.5mg, Delphinidin: 0.5mg, Delphinidin: 0.5mg Malvidin: 3.15mg, Malvidin: 3.15mg, Malvidin: 3.15mg, Malvidin: 3.15mg Peonidin: 0.22mg, Peonidin: 0.22mg, Peonidin: 0.22mg, Peonidin: 0.22mg Catechin: 0.92mg, Catechin: 0.92mg, Catechin: 0.92mg, Catechin: 0.92mg Epicatechin: 1.28mg, Epicatechin: 1.28mg, Epicatechin: 1.28mg, Epicatechin: 1.28mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg

Quercetin: 0.07mg

Nutrients (% of daily need)

Calories: 229.67kcal (11.48%), Fat: 9.64g (14.83%), Saturated Fat: 2.72g (17%), Carbohydrates: 1.27g (0.42%), Net Carbohydrates: 0.89g (0.33%), Sugar: 0.03g (0.04%), Cholesterol: 84.37mg (28.12%), Sodium: 209.34mg (9.1%), Alcohol: 1.26g (100%), Alcohol %: 1.04% (100%), Protein: 30.46g (60.92%), Selenium: 38.31µg (54.72%), Vitamin B3: 9.22mg (46.11%), Vitamin B6: 0.9mg (44.87%), Vitamin B12: 2.52µg (41.96%), Zinc: 5.69mg (37.93%), Phosphorus: 296.62mg (29.66%), Iron: 2.97mg (16.52%), Potassium: 484.23mg (13.84%), Vitamin B2: 0.22mg (13.03%), Manganese: 0.19mg (9.28%), Magnesium: 35.6mg (8.9%), Vitamin B1: 0.13mg (8.76%), Copper: 0.15mg (7.58%), Vitamin B5: 0.62mg (6.16%), Vitamin E: 0.83mg (5.53%), Vitamin K: 5.31µg (5.06%), Folate: 18.08µg (4.52%), Calcium: 33.04mg (3.3%), Fiber: 0.38g (1.5%)