



Herb-Crusted Standing Rib Roast

 Gluten Free

READY IN



45 min.

SERVINGS



12

CALORIES



543 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 tablespoon peppercorns whole black
- ☐ 1 teaspoon butter
- ☐ 3 tablespoons dijon mustard
- ☐ 1 cup cooking wine dry red
- ☐ 3 tablespoons rosemary fresh chopped
- ☐ 2 tablespoons thyme leaves fresh chopped
- ☐ 3 garlic cloves crushed
- ☐ 1.5 cups less-sodium beef broth fat-free

- ☐ 2 teaspoons salt divided
- ☐ 0.5 cup shallots sliced (2 medium)
- ☐ 4.5 pound standing rib roast trimmed

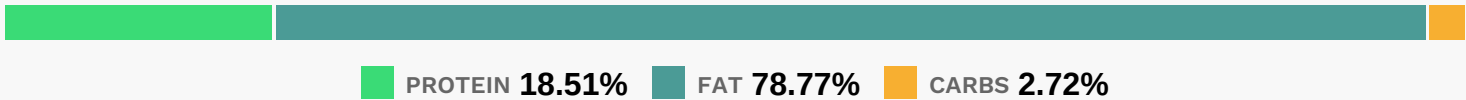
Equipment

- ☐ food processor
- ☐ sauce pan
- ☐ oven
- ☐ roasting pan
- ☐ kitchen thermometer

Directions

- ☐ Preheat oven to 450
- ☐ Place roast on a rack coated with cooking spray; place rack in a roasting pan.
- ☐ Sprinkle roast evenly with pepper and 1 1/2 teaspoons salt; rub with mustard.
- ☐ Combine shallots and garlic in a mini food processor; pulse to coarsely chop.
- ☐ Add rosemary and thyme; process until finely chopped. Rub shallot mixture evenly over roast.
- ☐ Bake at 450 for 25 minutes.
- ☐ Reduce heat to 350 (do not remove roast from oven).
- ☐ Bake roast at 350 for 1 hour and 20 minutes or until a thermometer registers 145 (medium-rare) or until desired degree of doneness.
- ☐ Let stand 10 minutes before slicing.
- ☐ Combine beef broth and red wine in a small saucepan; bring to a boil. Cook until reduced to 2/3 cup (about 15 minutes).
- ☐ Remove from heat; stir in butter and remaining 1/2 teaspoon salt.
- ☐ Serve with the roast.

Nutrition Facts



Properties

Glycemic Index:18.25, Glycemic Load:0.64, Inflammation Score:-8, Nutrition Score:13.467391127478%

Flavonoids

Petunidin: 0.66mg, Petunidin: 0.66mg, Petunidin: 0.66mg, Petunidin: 0.66mg Delphinidin: 0.84mg, Delphinidin: 0.84mg, Delphinidin: 0.84mg, Delphinidin: 0.84mg Malvidin: 5.25mg, Malvidin: 5.25mg, Malvidin: 5.25mg, Malvidin: 5.25mg Peonidin: 0.37mg, Peonidin: 0.37mg, Peonidin: 0.37mg, Peonidin: 0.37mg Catechin: 1.54mg, Catechin: 1.54mg, Catechin: 1.54mg, Catechin: 1.54mg Epicatechin: 2.13mg, Epicatechin: 2.13mg, Epicatechin: 2.13mg, Epicatechin: 2.13mg Naringenin: 0.12mg, Naringenin: 0.12mg, Naringenin: 0.12mg, Naringenin: 0.12mg Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.55mg, Luteolin: 0.55mg, Luteolin: 0.55mg, Luteolin: 0.55mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg

Nutrients (% of daily need)

Calories: 543.12kcal (27.16%), Fat: 45.79g (70.45%), Saturated Fat: 19.15g (119.66%), Carbohydrates: 3.55g (1.18%), Net Carbohydrates: 2.61g (0.95%), Sugar: 0.84g (0.94%), Cholesterol: 103.77mg (34.59%), Sodium: 563.95mg (24.52%), Alcohol: 2.1g (100%), Alcohol %: 1.26% (100%), Protein: 24.22g (48.43%), Vitamin B12: 3.94µg (65.74%), Selenium: 31.12µg (44.46%), Zinc: 5.25mg (35.02%), Vitamin B6: 0.5mg (24.85%), Phosphorus: 231.28mg (23.13%), Vitamin B3: 4.01mg (20.05%), Iron: 2.94mg (16.34%), Potassium: 499.04mg (14.26%), Vitamin B2: 0.2mg (11.7%), Manganese: 0.2mg (10.24%), Vitamin B1: 0.13mg (8.7%), Magnesium: 30.68mg (7.67%), Copper: 0.11mg (5.72%), Vitamin B5: 0.49mg (4.94%), Fiber: 0.94g (3.75%), Vitamin C: 3.01mg (3.65%), Calcium: 30.57mg (3.06%), Folate: 12µg (3%), Vitamin A: 88.14IU (1.76%), Vitamin K: 1.54µg (1.47%)