



Herb-Rubbed Rib Roast

 Dairy Free

READY IN



145 min.

SERVINGS



8

CALORIES



731 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 4 pound prime rib roast
- 1 clove garlic cut in half
- 0.3 cup dijon mustard country-style
- 0.8 cup parsley fresh chopped
- 1.5 tablespoons thyme leaves dried fresh chopped
- 1.5 tablespoons rosemary dried fresh chopped
- 2 cloves garlic finely chopped
- 1 tablespoon vegetable oil

- 1 cup regular hamburger sour reduced-fat
- 1 tablespoon horseradish
- 1 tablespoon dijon mustard country-style
- 0.3 teaspoon pepper

Equipment

- oven
- roasting pan
- kitchen thermometer
- aluminum foil

Directions

- Heat oven to 325°F.
- Place beef, fat side up, on rack in shallow roasting pan. Rub garlic halves over beef.
- Spread 1/4 cup mustard over top and sides of beef.
- Mix remaining Rib Roast ingredients except oil; stir in oil.
- Spread herb mixture over top and sides of beef.
- Insert meat thermometer so tip is in center of thickest part of beef and does not touch bone. Roast uncovered 1 1/2 to 2 hours for medium doneness (155°F).
- Meanwhile, mix all Peppery Horseradish sauce ingredients. Cover and refrigerate at least 1 hour to blend flavors.
- Cover beef loosely with foil tent and let stand about 15 minutes before carving. (Temperature will rise about 5°.)
- Serve with Peppery Horseradish Sauce.

Nutrition Facts

 **PROTEIN 17.78%**  **FAT 77.58%**  **CARBS 4.64%**

Properties

Glycemic Index:42.25, Glycemic Load:0.37, Inflammation Score:-9, Nutrition Score:26.153477715409%

Flavonoids

Apigenin: 12.15mg, Apigenin: 12.15mg, Apigenin: 12.15mg, Apigenin: 12.15mg Luteolin: 0.66mg, Luteolin: 0.66mg, Luteolin: 0.66mg, Luteolin: 0.66mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.85mg, Myricetin: 0.85mg, Myricetin: 0.85mg, Myricetin: 0.85mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 731.29kcal (36.56%), Fat: 62.63g (96.35%), Saturated Fat: 25.54g (159.65%), Carbohydrates: 8.42g (2.81%), Net Carbohydrates: 6.43g (2.34%), Sugar: 1.14g (1.27%), Cholesterol: 137.17mg (45.72%), Sodium: 262.9mg (11.43%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 32.3g (64.59%), Vitamin B12: 5.51µg (91.77%), Vitamin K: 95.81µg (91.24%), Selenium: 43.34µg (61.92%), Zinc: 7.91mg (52.76%), Iron: 6.48mg (36.03%), Vitamin B6: 0.71mg (35.55%), Phosphorus: 332.04mg (33.2%), Vitamin B3: 6.23mg (31.16%), Folate: 87.56µg (21.89%), Manganese: 0.43mg (21.64%), Vitamin B2: 0.34mg (19.93%), Potassium: 596.81mg (17.05%), Vitamin B1: 0.24mg (16.17%), Vitamin C: 11.66mg (14.13%), Vitamin A: 637.73IU (12.75%), Magnesium: 48.34mg (12.08%), Copper: 0.17mg (8.48%), Fiber: 1.99g (7.96%), Vitamin B5: 0.68mg (6.83%), Calcium: 60.98mg (6.1%), Vitamin E: 0.27mg (1.8%), Vitamin D: 0.16µg (1.09%)