



WHATSheATE



Herb-Rubbed Rib Roast



Gluten Free

READY IN



145 min.

SERVINGS



8

CALORIES



803 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 cup cup heavy whipping cream sour reduced-fat
- ☐ 0.3 cup dijon mustard country-style
- ☐ 1 tablespoon dijon mustard country-style
- ☐ 0.8 cup parsley fresh chopped
- ☐ 1 clove garlic cut in half
- ☐ 2 cloves garlic finely chopped
- ☐ 0.3 teaspoon pepper
- ☐ 1 tablespoon horseradish

- ☐ 4 pound prime rib roast
- ☐ 1 tablespoon vegetable oil

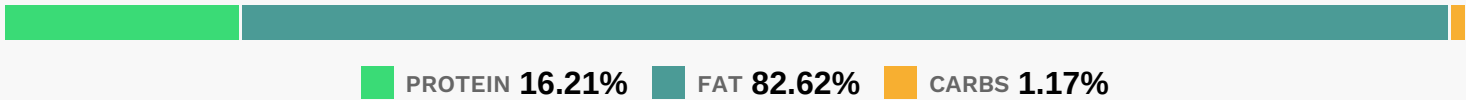
Equipment

- ☐ oven
- ☐ roasting pan
- ☐ kitchen thermometer
- ☐ aluminum foil

Directions

- ☐ Heat oven to 325F.
- ☐ 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 (155F).
- ☐ 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



Properties

Glycemic Index:27.88, Glycemic Load:0.25, Inflammation Score:-6, Nutrition Score:22.924782379814%

Flavonoids

Apigenin: 12.12mg, Apigenin: 12.12mg, Apigenin: 12.12mg, Apigenin: 12.12mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg 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, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 803.13kcal (40.16%), Fat: 73.15g (112.53%), Saturated Fat: 32.32g (202.01%), Carbohydrates: 2.34g (0.78%), Net Carbohydrates: 1.63g (0.59%), Sugar: 1.22g (1.35%), Cholesterol: 170.78mg (56.93%), Sodium: 226.45mg (9.85%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 32.29g (64.58%), Vitamin K: 96.62µg (92.02%), Vitamin B12: 5.31µg (88.43%), Selenium: 43.83µg (62.62%), Zinc: 7.08mg (47.21%), Phosphorus: 322.92mg (32.29%), Vitamin B6: 0.63mg (31.41%), Vitamin B3: 5.4mg (27.01%), Iron: 3.8mg (21.13%), Vitamin B2: 0.32mg (18.66%), Vitamin A: 918.51IU (18.37%), Potassium: 584.9mg (16.71%), Vitamin B1: 0.18mg (12.26%), Vitamin C: 8.52mg (10.32%), Magnesium: 40.91mg (10.23%), Vitamin B5: 0.71mg (7.08%), Copper: 0.13mg (6.63%), Calcium: 53.99mg (5.4%), Folate: 21.05µg (5.26%), Manganese: 0.1mg (4.98%), Vitamin E: 0.49mg (3.27%), Vitamin D: 0.48µg (3.17%), Fiber: 0.7g (2.81%)