



Herbed Roast Beef

 Dairy Free

READY IN



20 min.

SERVINGS



16

CALORIES



703 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 cups beef broth
- ☐ 2 tablespoons mustard dry
- ☐ 1 cup cooking wine dry red
- ☐ 0.3 cup flour all-purpose
- ☐ 1.5 tablespoons rosemary fresh chopped
- ☐ 2 teaspoons seasoned pepper
- ☐ 8 pound rolled rib roast boneless
- ☐ 2 teaspoons lawry's seasoned salt

☐ 0.5 cup water

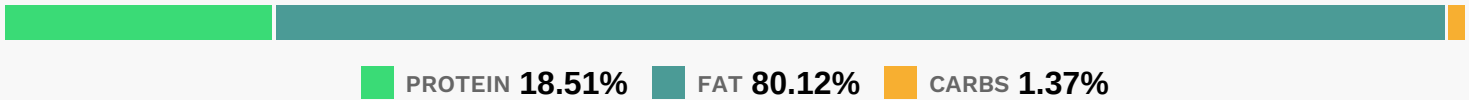
Equipment

- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ whisk
- ☐ roasting pan
- ☐ kitchen thermometer

Directions

- ☐ Combine first 5 ingredients. Reserve 3 tablespoons flour mixture. Pat remaining flour mixture evenly over roast.
- ☐ Place roast, fat side up, on a rack in a shallow roasting pan.
- ☐ Bake, uncovered, at 325 for 3 hours or until meat thermometer registers 135 or until desired degree of doneness.
- ☐ Remove roast from pan, reserving drippings.
- ☐ Let stand 10 minutes before serving.
- ☐ Whisk together reserved 3 tablespoons flour mixture, 1/2 cup pan drippings (adding additional water, if necessary, to equal 1/2 cup), wine, broth, and 1/2 cup water in a saucepan over medium heat. Cook, stirring occasionally, until thick and bubbly.
- ☐ Serve over roast.

Nutrition Facts



Properties

Glycemic Index:6.69, Glycemic Load:1.11, Inflammation Score:-1, Nutrition Score:16.464347912242%

Flavonoids

Petunidin: 0.5mg, Petunidin: 0.5mg, Petunidin: 0.5mg, Petunidin: 0.5mg Delphinidin: 0.63mg, Delphinidin: 0.63mg, Delphinidin: 0.63mg, Delphinidin: 0.63mg Malvidin: 3.94mg, Malvidin: 3.94mg, Malvidin: 3.94mg, Malvidin: 3.94mg Peonidin: 0.28mg, Peonidin: 0.28mg, Peonidin: 0.28mg, Peonidin: 0.28mg Catechin: 1.15mg, Catechin: 1.15mg, Catechin: 1.15mg, Catechin: 1.15mg Epicatechin: 1.6mg, Epicatechin: 1.6mg, Epicatechin: 1.6mg, Epicatechin: 1.6mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg 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: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg

Nutrients (% of daily need)

Calories: 703.28kcal (35.16%), Fat: 60.74g (93.44%), Saturated Fat: 25.25g (157.8%), Carbohydrates: 2.34g (0.78%), Net Carbohydrates: 2.09g (0.76%), Sugar: 0.07g (0.07%), Cholesterol: 137.17mg (45.72%), Sodium: 503.88mg (21.91%), Alcohol: 1.58g (100%), Alcohol %: 0.81% (100%), Protein: 31.58g (63.16%), Vitamin B12: 5.28µg (87.98%), Selenium: 42.14µg (60.2%), Zinc: 6.93mg (46.21%), Phosphorus: 303.35mg (30.33%), Vitamin B6: 0.6mg (29.96%), Vitamin B3: 5.63mg (28.17%), Iron: 3.5mg (19.44%), Vitamin B2: 0.27mg (15.68%), Potassium: 530.42mg (15.15%), Vitamin B1: 0.18mg (11.71%), Magnesium: 35.43mg (8.86%), Copper: 0.12mg (6.12%), Vitamin B5: 0.6mg (5.98%), Manganese: 0.09mg (4.66%), Folate: 15.36µg (3.84%), Calcium: 23.67mg (2.37%)