



Herbed Roast Ribs of Beef



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



4

CALORIES



1755 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 4 servings pepper black freshly ground
- ☐ 4 large sprigs rosemary fresh
- ☐ 4 large sprigs thyme leaves dried fresh
- ☐ 4 servings kosher salt
- ☐ 2 tablespoons olive oil
- ☐ 5 pound beef rib roast

Equipment

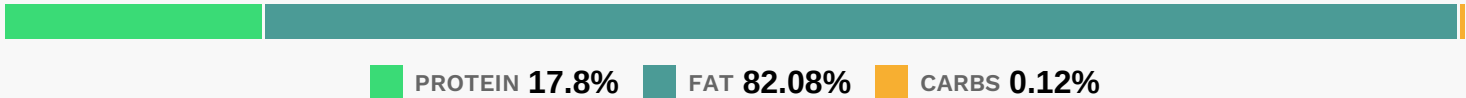
- ☐ frying pan

- ☐ oven
- ☐ kitchen thermometer
- ☐ aluminum foil

Directions

- ☐ Tuck the fresh herbs under the roast's strings or rub the dried herbs on the meat.
- ☐ Heat the oil in an ovenproof skillet over medium heat until it shimmers.
- ☐ Add the roast and brown on all sides, about 15 minutes.
- ☐ Heat oven to 375 F.
- ☐ Sprinkle the roast with salt and pepper.
- ☐ Place the skillet in the oven and cook 1 hour and 30 minutes or until an instant-read thermometer registers 125 F (for medium) in the center of the roast. (Be careful not to touch bone with the thermometer; bone will register a higher temperature than the meat.)
- ☐ Remove from oven. Cover loosely with foil and let rest 15 minutes to allow the meat to finish cooking. Skim the fat from the pan juices and discard. Spoon the pan juices over the sliced meat.

Nutrition Facts



Properties

Glycemic Index:19.25, Glycemic Load:0.06, Inflammation Score:-7, Nutrition Score:32.068260628244%

Flavonoids

Naringenin: 0.25mg, Naringenin: 0.25mg, Naringenin: 0.25mg, Naringenin: 0.25mg Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg Luteolin: 0.48mg, Luteolin: 0.48mg, Luteolin: 0.48mg, Luteolin: 0.48mg

Nutrients (% of daily need)

Calories: 1755.22kcal (87.76%), Fat: 157.87g (242.87%), Saturated Fat: 63.96g (399.77%), Carbohydrates: 0.52g (0.17%), Net Carbohydrates: 0.21g (0.08%), Sugar: 0g (0%), Cholesterol: 342.92mg (114.31%), Sodium: 446.72mg (19.42%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 77.02g (154.03%), Vitamin B12: 13.15µg (219.09%), Selenium: 98.59µg (140.85%), Zinc: 17.17mg (114.5%), Vitamin B6: 1.48mg (74.18%), Phosphorus: 725.81mg (72.58%), Vitamin B3: 13.13mg (65.63%), Iron: 8.39mg (46.6%), Vitamin B2: 0.63mg (36.8%), Potassium: 1266.8mg (36.19%),

Vitamin B1: 0.38mg (25.46%), Magnesium: 78.89mg (19.72%), Vitamin B5: 1.44mg (14.42%), Copper: 0.28mg (14.08%), Vitamin E: 1.01mg (6.73%), Folate: 25.37µg (6.34%), Calcium: 50.72mg (5.07%), Manganese: 0.09mg (4.62%), Vitamin K: 4.38µg (4.17%), Vitamin C: 1.82mg (2.2%), Vitamin A: 77.3IU (1.55%), Fiber: 0.31g (1.23%)