



WHATSheATE



Horseradish and Garlic Prime Rib



Gluten Free

READY IN



110 min.

SERVINGS



8

CALORIES



1308 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 cup reserved beef broth low-sodium canned (drippings from roast)
- ☐ 0.3 cup pepper black freshly ground
- ☐ 0.5 cup wine
- ☐ 2 carrots peeled chopped
- ☐ 1 tablespoon chives fresh minced
- ☐ 0.5 cup horseradish fresh grated prepared
- ☐ 5 garlic cloves smashed halved
- ☐ 0.3 cup heavy cream

- ☐ 0.5 cup olive oil extra-virgin
- ☐ 8 servings olive oil extra-virgin
- ☐ 2 parsnips
- ☐ 6 pounds prime rib beef roast (3-rib)
- ☐ 1 onion red halved
- ☐ 0.5 cup sea salt
- ☐ 8 servings sea salt and pepper black freshly ground
- ☐ 1 Leaves from 2 thyme sprigs fresh
- ☐ 1 tablespoon butter unsalted
- ☐ 2 pounds mushrooms white such as cremini, oyster, shiitake, chanterelle, or , trimmed and sliced assorted

Equipment

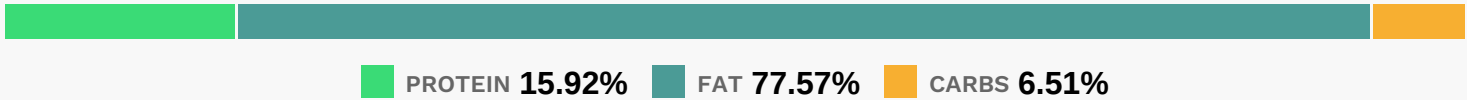
- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ roasting pan
- ☐ kitchen thermometer

Directions

- ☐ Watch how to make this recipe.
- ☐ Preheat the oven to 350 degrees F.
- ☐ Lay the beef in a large roasting pan with the bone side down. (The ribs act as a natural roasting rack.) In a small bowl mash together the garlic, horseradish, salt, pepper, and olive oil to make a paste. Massage the paste generously over the entire roast. Scatter the vegetables and halved garlic around the meat and drizzle them with a 2-count of oil.
- ☐ Put the pan in the oven and roast the beef for about 1 1/2 to 2 hours for medium-rare (or approximately 20 minutes per pound). Check the internal temperature of the roast in several places with an instant-read thermometer; it should register 125 degrees F. for medium-rare.

- ☐ Remove the beef to a carving board and let it rest for 20 minutes. The internal temperature of the meat will continue to rise by about 10 degrees.
- ☐ Remove the vegetables and set aside.
- ☐ Pour the pan juices into a fat separator or small bowl and set aside to allow the fat and beef juices to separate.
- ☐ Pour off and discard the fat. You will use the tasty beef juices for the mushrooms.
- ☐ Place a clean skillet over medium heat.
- ☐ Add the butter and a 2-count drizzle of oil. When the butter starts to foam. add the mushrooms and thyme; and season with salt and pepper. Stir everything together for a few minutes.
- ☐ Add the red wine, stirring to scrape up any stuck bits; then cook and stir to evaporate the alcohol. When the wine is almost all gone, add the reserved beef juices.
- ☐ Let the liquid cook down and then take it off the heat. Stir in the cream and chives, and season with salt and pepper.

Nutrition Facts



Properties

Glycemic Index:47.1, Glycemic Load:5.76, Inflammation Score:-9, Nutrition Score:41.556521726691%

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 Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg Isorhamnetin: 0.72mg, Isorhamnetin: 0.72mg, Isorhamnetin: 0.72mg, Isorhamnetin: 0.72mg Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 3.34mg, Quercetin: 3.34mg, Quercetin: 3.34mg, Quercetin: 3.34mg

Nutrients (% of daily need)

Calories: 1307.7kcal (65.39%), Fat: 112.21g (172.63%), Saturated Fat: 42.91g (268.17%), Carbohydrates: 21.17g (7.06%), Net Carbohydrates: 15.02g (5.46%), Sugar: 6.9g (7.67%), Cholesterol: 217.92mg (72.64%), Sodium:

7340.68mg (319.16%), Alcohol: 1.58g (100%), Alcohol %: 0.35% (100%), Protein: 51.83g (103.66%), Vitamin B12: 7.95µg (132.54%), Selenium: 71.85µg (102.64%), Zinc: 11.44mg (76.29%), Manganese: 1.37mg (68.49%), Vitamin B3: 12.61mg (63.07%), Phosphorus: 594.14mg (59.41%), Vitamin B6: 1.14mg (56.83%), Vitamin A: 2764.72IU (55.29%), Vitamin B2: 0.9mg (52.68%), Potassium: 1485.39mg (42.44%), Iron: 6.75mg (37.52%), Copper: 0.7mg (35.2%), Vitamin K: 34.49µg (32.85%), Vitamin B5: 3mg (30%), Vitamin B1: 0.39mg (25.79%), Fiber: 6.15g (24.6%), Magnesium: 88.95mg (22.24%), Vitamin E: 3.29mg (21.92%), Vitamin C: 15.67mg (18.99%), Folate: 75.87µg (18.97%), Calcium: 107.43mg (10.74%), Vitamin D: 0.37µg (2.48%)