



Lemon- and Pepper-crusted Prime Rib Roast with Root Vegetables



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



10

CALORIES



132 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 2 teaspoons thyme leaves dried
- ☐ 0.5 cup fat-skimmed beef broth
- ☐ 1.5 cups fat-skimmed beef broth
- ☐ 3 cloves garlic minced pressed peeled
- ☐ 2 tablespoons coarse-ground pepper
- ☐ 1 tablespoon lemon zest grated
- ☐ 1 tablespoon olive oil

- ☐ 1 tablespoon parsley chopped
- ☐ 2.5 pounds thin-skinned potatoes red scrubbed
- ☐ 1 center-cut beef rib roast bone-in 8 lb.; see notes
- ☐ 0.5 teaspoon salt
- ☐ 1 pound shallots rinsed 1 in. wide

Equipment

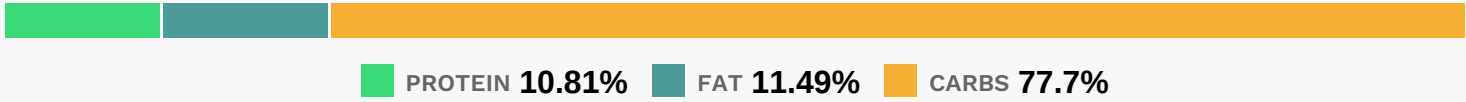
- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ roasting pan
- ☐ kitchen thermometer
- ☐ slotted spoon

Directions

- ☐ In a 12- by 17-inch roasting pan (at least 2 in. deep), mix potatoes and shallots (unpeeled) with olive oil to coat. Push vegetables to edge of pan and set a V-shaped rack (or flat rack about 10 in. square) in the center; mound vegetables if necessary.
- ☐ Rinse beef and pat dry; trim layer of fat to 1/4 inch thick.
- ☐ In a small bowl, mix 2 tablespoons pepper, lemon peel, thyme, 1/2 teaspoon salt, and garlic. Rub mixture all over beef. Set roast, fat side up, on rack in pan.
- ☐ Roast in a 325 regular or convection oven until a thermometer inserted in center of thickest part of meat registers 135 for medium-rare, about 2 1/4 hours. For medium-well, roast meat until it reaches 145, about 2 1/2 hours.
- ☐ Transfer roast to a board or platter. With a slotted spoon, lift vegetables from pan and mound in a bowl or arrange alongside beef. Keeping meat and vegetables warm, let rest 5 to 10 minutes.
- ☐ Meanwhile, tilt roasting pan to skim fat off drippings and discard. If using tequila, add to pan and set over medium heat. When tequila is warm, remove from heat (and keep away from any vent, fan, or flammables) and ignite with a match. When flames subside, add broth to pan and bring to a boil over high heat, scraping browned bits free.

- ☐ Pour into a bowl.
- ☐ Sprinkle vegetables with parsley. Carve roast.
- ☐ Serve with pan drippings to spoon over meat and vegetables.
- ☐ Add salt and pepper to taste.

Nutrition Facts



Properties

Glycemic Index:12.4, Glycemic Load:2.09, Inflammation Score:-5, Nutrition Score:8.9091303918673%

Flavonoids

Apigenin: 0.86mg, Apigenin: 0.86mg, Apigenin: 0.86mg, Apigenin: 0.86mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 0.75mg, Quercetin: 0.75mg, Quercetin: 0.75mg, Quercetin: 0.75mg

Nutrients (% of daily need)

Calories: 131.92kcal (6.6%), Fat: 1.78g (2.73%), Saturated Fat: 0.28g (1.73%), Carbohydrates: 27.03g (9.01%), Net Carbohydrates: 23.18g (8.43%), Sugar: 5.15g (5.72%), Cholesterol: 0.07mg (0.02%), Sodium: 328.66mg (14.29%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.76g (7.52%), Manganese: 0.48mg (24.11%), Potassium: 705.74mg (20.16%), Vitamin B6: 0.37mg (18.65%), Vitamin C: 15.07mg (18.26%), Vitamin K: 16.46µg (15.68%), Fiber: 3.85g (15.41%), Copper: 0.22mg (11.11%), Phosphorus: 105.51mg (10.55%), Iron: 1.85mg (10.3%), Magnesium: 37.95mg (9.49%), Folate: 37.76µg (9.44%), Vitamin B1: 0.13mg (8.48%), Vitamin B3: 1.69mg (8.44%), Vitamin B5: 0.53mg (5.28%), Calcium: 42.11mg (4.21%), Zinc: 0.61mg (4.08%), Vitamin B2: 0.06mg (3.45%), Selenium: 2.33µg (3.33%), Vitamin E: 0.26mg (1.76%), Vitamin B12: 0.09µg (1.56%), Vitamin A: 57.99IU (1.16%)