



Mushroom Crusted Prime Rib Roast



Gluten Free



Dairy Free



Popular

READY IN



125 min.

SERVINGS



6

CALORIES



971 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 cups beef broth
- ☐ 2 teaspoons pepper black
- ☐ 1 tablespoon dijon mustard
- ☐ 1 ounce porcini mushrooms dried chopped
- ☐ 2 cloves garlic chopped
- ☐ 1 tablespoon miso paste white
- ☐ 1 tablespoon oil
- ☐ 4 pound prime rib roast with bone and cap

- ☐ 0.5 cup red wine
- ☐ 6 servings salt and pepper to taste
- ☐ 2 teaspoons thyme leaves chopped
- ☐ 2 teaspoons worcestershire sauce

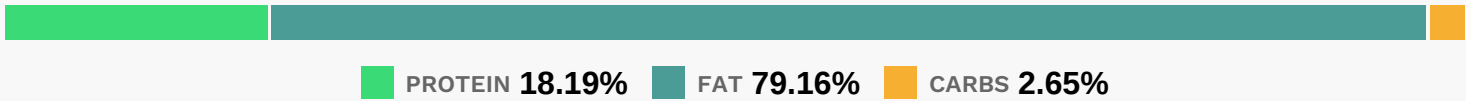
Equipment

- ☐ frying pan
- ☐ oven
- ☐ kitchen thermometer

Directions

- ☐ Mix the mustard, miso, oil, thyme, garlic and pepper and rub it all over the prime rib before pressing the dried mushrooms onto the roast.
- ☐ Place the beef in an oven safe roasting dish with the bones on the bottom and the fat cap on the top, stick a meat thermometer into the middle of the thickest part, roast in a preheated 450F oven for 15 minutes, reduce the temperature to 275F and continue roasting until the temperature reaches the desired doneness (135F for medium rare, about 2 hours). Note: The temperature of the roast will continue to rise a few degrees while resting.
- ☐ Remove the roast from the oven and set aside to rest, covered for 20 minutes before slicing. Meanwhile, drain all but 2 tablespoons of the dripping from the pan, place the pan over medium heat, add the red wine, deglaze the pan, add the beef broth and Worcestershire sauce and simmer for 5 minutes before seasoning with season with salt and pepper to taste.

Nutrition Facts



Properties

Glycemic Index:35.83, Glycemic Load:0.64, Inflammation Score:-6, Nutrition Score:24.308260712935%

Flavonoids

Cyanidin: 0.04mg, Cyanidin: 0.04mg, Cyanidin: 0.04mg, Cyanidin: 0.04mg Petunidin: 0.4mg, Petunidin: 0.4mg, Petunidin: 0.4mg, Petunidin: 0.4mg Delphinidin: 0.4mg, Delphinidin: 0.4mg, Delphinidin: 0.4mg, Delphinidin: 0.4mg Malvidin: 2.77mg, Malvidin: 2.77mg, Malvidin: 2.77mg, Malvidin: 2.77mg Peonidin: 0.25mg, Peonidin: 0.25mg,

Peonidin: 0.25mg, Peonidin: 0.25mg Catechin: 1.43mg, Catechin: 1.43mg, Catechin: 1.43mg, Catechin: 1.43mg
Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg
Epicatechin: 0.76mg, Epicatechin: 0.76mg, Epicatechin: 0.76mg, Epicatechin: 0.76mg Hesperetin: 0.13mg,
Hesperetin: 0.13mg, Hesperetin: 0.13mg, Hesperetin: 0.13mg Naringenin: 0.35mg, Naringenin: 0.35mg, Naringenin:
0.35mg, Naringenin: 0.35mg Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg Luteolin:
0.31mg, Luteolin: 0.31mg, Luteolin: 0.31mg, Luteolin: 0.31mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol:
0.02mg, Kaempferol: 0.02mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin:
0.23mg, Quercetin: 0.23mg, Quercetin: 0.23mg, Quercetin: 0.23mg Gallocatechin: 0.02mg, Gallocatechin: 0.02mg,
Galocatechin: 0.02mg, Gallocatechin: 0.02mg

Nutrients (% of daily need)

Calories: 971.47kcal (48.57%), Fat: 83.27g (128.11%), Saturated Fat: 33.9g (211.87%), Carbohydrates: 6.27g (2.09%),
Net Carbohydrates: 5.18g (1.89%), Sugar: 0.65g (0.73%), Cholesterol: 182.89mg (60.96%), Sodium: 786.98mg
(34.22%), Alcohol: 2.12g (100%), Alcohol %: 0.72% (100%), Protein: 43.04g (86.08%), Vitamin B12: 7.07µg (117.82%),
Selenium: 56.59µg (80.85%), Zinc: 9.66mg (64.39%), Vitamin B6: 0.88mg (43.82%), Phosphorus: 426.68mg
(42.67%), Vitamin B3: 8.4mg (42%), Iron: 5.04mg (28.02%), Vitamin B2: 0.43mg (25.27%), Potassium: 851.8mg
(24.34%), Copper: 0.42mg (21.22%), Vitamin B5: 1.85mg (18.53%), Vitamin B1: 0.23mg (15.46%), Magnesium:
56.16mg (14.04%), Manganese: 0.27mg (13.32%), Folate: 23.52µg (5.88%), Fiber: 1.09g (4.35%), Calcium: 42.69mg
(4.27%), Vitamin K: 3.74µg (3.56%), Vitamin E: 0.43mg (2.84%), Vitamin C: 1.81mg (2.2%), Vitamin D: 0.18µg (1.23%)