



Peppered Rib-Eye Roast



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



12

CALORIES



438 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 tablespoon cornstarch
- ☐ 2 cloves garlic minced
- ☐ 0.5 cup coarsely ground pepper
- ☐ 1 teaspoon paprika
- ☐ 0.8 cup red wine vinegar
- ☐ 5 pound rib-eye roast boneless trimmed
- ☐ 0.1 teaspoon salt
- ☐ 1 cup soya sauce

- ☐ 2 tablespoons tomato paste
- ☐ 1 tablespoon water cold

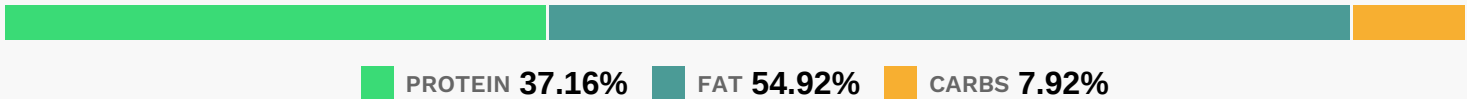
Equipment

- ☐ frying pan
- ☐ oven
- ☐ roasting pan
- ☐ kitchen thermometer
- ☐ ziploc bags

Directions

- ☐ Lightly press pepper on top and sides of roast.
- ☐ Place roast in a heavy-duty, zip-top plastic bag or large shallow dish.
- ☐ Combine soy sauce and next 4 ingredients; pour over roast. Seal or cover, and marinate in refrigerator 8 hours, turning occasionally.
- ☐ Remove roast from marinade, discarding marinade.
- ☐ Place roast, fat side up, on a rack in a shallow roasting pan; insert meat thermometer into thickest part of roast, making sure it does not touch fat.
- ☐ Bake, uncovered, at 425 for 10 minutes. Reduce temperature to 325; bake 2 hours and 10 minutes or until thermometer registers 145 (medium-rare) or 160 (medium).
- ☐ Remove roast to a serving platter; cover and keep warm.
- ☐ Add enough water (about 3/4 cup) to pan drippings to make 1 1/2 cups; return to pan.
- ☐ Combine cornstarch and 1 tablespoon water, stirring until smooth. Stir cornstarch mixture and salt into pan drippings. Cook over medium heat, stirring constantly, until mixture is smooth and slightly thickened.
- ☐ Serve roast with gravy.

Nutrition Facts



Properties

Glycemic Index:11.42, Glycemic Load:1.59, Inflammation Score:-4, Nutrition Score:23.971304178238%

Flavonoids

Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 438.24kcal (21.91%), Fat: 27.1g (41.69%), Saturated Fat: 12.03g (75.21%), Carbohydrates: 8.79g (2.93%), Net Carbohydrates: 5.96g (2.17%), Sugar: 0.74g (0.82%), Cholesterol: 115.29mg (38.43%), Sodium: 1227.02mg (53.35%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 41.26g (82.52%), Manganese: 1.38mg (69%), Selenium: 46.99µg (67.13%), Zinc: 9.93mg (66.21%), Vitamin B12: 3.14µg (52.29%), Vitamin B3: 10.23mg (51.16%), Vitamin B6: 0.84mg (41.85%), Phosphorus: 317.65mg (31.76%), Vitamin B2: 0.51mg (29.74%), Iron: 4.86mg (27.01%), Potassium: 717.2mg (20.49%), Vitamin K: 19.42µg (18.49%), Magnesium: 66.45mg (16.61%), Copper: 0.32mg (15.95%), Vitamin B1: 0.19mg (12.77%), Fiber: 2.83g (11.33%), Calcium: 63.98mg (6.4%), Vitamin A: 205.07IU (4.1%), Folate: 11.24µg (2.81%), Vitamin B5: 0.22mg (2.22%), Vitamin E: 0.27mg (1.77%), Vitamin D: 0.19µg (1.26%)