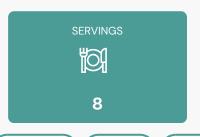


Prime Rib Roast with Red-Wine Sauce

Gluten Free







ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

| 0.8 teaspoon pepper black |
|---------------------------|
| 4 peppercorns black |
| 1 carrots finely chopped |

1 rib celery finely chopped

0.7 cup veal demi-glace

0.5 oz porcini mushrooms dried

2 sprigs flat-leaf parsley fresh

1 sprig thyme leaves fresh

| | 2 garlic cloves smashed |
|-----|--|
| | 1 tablespoon kosher salt |
| | 2 small onions unpeeled peeled halved lengthwise chopped (1 left and , and 1 and) |
| | 1 rib prime rib roast with ribs (sometimes called standing rib roast; 9 to 10 lb) |
| | 0.5 teaspoon salt |
| | 0.7 cup shallots chopped (3 large) |
| | 1 tablespoon tomato paste |
| | 1 turkish or |
| | 6 tablespoons butter unsalted |
| | 2 cups boiling-hot water |
| | 750 ml wine such as a côtes du rhône dry red |
| Eq | uipment |
| | bowl |
| | sauce pan |
| | oven |
| | whisk |
| | sieve |
| | roasting pan |
| | kitchen thermometer |
| Diı | rections |
| | Let roast stand at room temperature 1 hour. |
| | Put oven rack in middle position and preheat oven to 450°F. Trim all but a thin layer of fat from roast, then rub roast all over with porcini powder, salt, and pepper. |
| | Transfer to a rack set in a 13- by 9-inch roasting pan. Roast beef 20 minutes, then reduce temperature to 350°F and roast until thermometer inserted into center of meat registers 110°F, 1 1/2 to 2 hours more. |
| | Transfer to a large platter and let stand, uncovered, 30 minutes. (Internal temperature of meat will rise to 130°F for medium-rare.) |

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| ıce heat s are | | |
| d, over | | |
| n and | | |
| d, about | | |
| Rinse | | |
| uid in onally, e heat to | | |
| | | |
| overed. void pure pes with | | |
| Nutrition Facts | | |
| PROTEIN 15.06% FAT 48.98% CARBS 35.96% | | |
| | | |

Properties

Glycemic Index:45.85, Glycemic Load:2.04, Inflammation Score:-8, Nutrition Score:6.0704348242801%

Flavonoids

Apigenin: 0.55mg, Apigenin: 0.55mg, Apigenin: 0.55mg, Apigenin: 0.55mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.08mg, Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg, Isorhamnetin: 0.14mg, Kaempferol: 0.14mg

Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 3.58mg, Quercetin: 3.58mg, Quercetin: 3.58mg, Quercetin: 3.58mg

Nutrients (% of daily need)

Calories: 241.48kcal (12.07%), Fat: 9.54g (14.68%), Saturated Fat: 5.43g (33.97%), Carbohydrates: 15.77g (5.26%), Net Carbohydrates: 14.23g (5.18%), Sugar: 5.48g (6.09%), Cholesterol: 22.67mg (7.55%), Sodium: 1445.43mg (62.84%), Alcohol: 9.89g (100%), Alcohol %: 5.28% (100%), Protein: 6.6g (13.2%), Vitamin A: 1597.57IU (31.95%), Manganese: 0.29mg (14.27%), Vitamin B6: 0.18mg (9.2%), Iron: 1.46mg (8.12%), Potassium: 269.17mg (7.69%), Copper: 0.15mg (7.58%), Vitamin K: 6.74µg (6.41%), Fiber: 1.53g (6.14%), Vitamin C: 4.6mg (5.57%), Magnesium: 22.24mg (5.56%), Vitamin B5: 0.55mg (5.47%), Phosphorus: 50.02mg (5%), Folate: 16.44µg (4.11%), Vitamin B2: 0.07mg (3.91%), Vitamin B3: 0.63mg (3.13%), Calcium: 30.71mg (3.07%), Zinc: 0.44mg (2.92%), Vitamin E: 0.4mg (2.64%), Vitamin B1: 0.04mg (2.59%), Selenium: 1.7µg (2.42%), Vitamin D: 0.23µg (1.51%)