



## Prime Rib with Marsala-Mushroom Sauce

READY IN



170 min.

SERVINGS



50

CALORIES



146 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 1.5 cups beef broth fat-free reduced-sodium
- 2 Tbsp butter
- 2 Tbsp grey poupon dijon mustard
- 2 Tbsp flour
- 2 cups mushrooms mixed fresh sliced (baby bella, shiitake, oyster)
- 0.3 tsp ground sage
- 0.3 tsp kosher salt
- 0.3 cup marsala wine
- 0.5 tsp coarse pepper black divided

- 5 lb beef prime rib roast
- 0.3 tsp thyme leaves dried

## Equipment

- frying pan
- sauce pan
- oven

## Directions

- Heat oven to 325F.
- Place meat in shallow pan; sprinkle with 1/4 tsp. pepper and salt.
- Bake 2 to 2-1/2 hours or until internal temperature of meat reaches 145F.
- Let stand 10 min. (Temperature will rise to 160F).
- Meanwhile, melt butter in medium saucepan on medium heat.
- Add mushrooms; cook and stir 3 min. Stir in flour, mustard, herbs and remaining pepper. Gradually stir in broth and wine; cook and stir on medium heat 4 min. or until thickened.
- Serve meat with sauce.

## Nutrition Facts



**PROTEIN 18.21%** **FAT 78.85%** **CARBS 2.94%**

## Properties

Glycemic Index:5.32, Glycemic Load:0.29, Inflammation Score:-1, Nutrition Score:3.7917391448079%

## Flavonoids

Petunidin: 0.08mg, Petunidin: 0.08mg, Petunidin: 0.08mg, Petunidin: 0.08mg Delphinidin: 0.05mg, Delphinidin: 0.05mg, Delphinidin: 0.05mg, Delphinidin: 0.05mg Malvidin: 1.14mg, Malvidin: 1.14mg, Malvidin: 1.14mg, Malvidin: 1.14mg Peonidin: 0.05mg, Peonidin: 0.05mg, Peonidin: 0.05mg, Peonidin: 0.05mg Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg Epicatechin: 0.09mg, Epicatechin: 0.09mg, Epicatechin: 0.09mg, Epicatechin: 0.09mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

## Nutrients (% of daily need)

Calories: 146.3kcal (7.32%), Fat: 12.59g (19.37%), Saturated Fat: 5.33g (33.32%), Carbohydrates: 1.06g (0.35%), Net Carbohydrates: 0.79g (0.29%), Sugar: 0.32g (0.35%), Cholesterol: 28.65mg (9.55%), Sodium: 56.21mg (2.44%), Alcohol: 0.18g (100%), Alcohol %: 0.41% (100%), Protein: 6.54g (13.09%), Vitamin B12: 1.05µg (17.54%), Selenium: 8.72µg (12.46%), Zinc: 1.47mg (9.82%), Vitamin B6: 0.15mg (7.27%), Vitamin B3: 1.42mg (7.11%), Phosphorus: 69.29mg (6.93%), Vitamin B2: 0.07mg (4.21%), Potassium: 144.88mg (4.14%), Iron: 0.71mg (3.97%), Vitamin B5: 0.25mg (2.54%), Vitamin B1: 0.04mg (2.37%), Magnesium: 8.43mg (2.11%), Copper: 0.04mg (1.81%), Manganese: 0.03mg (1.69%), Fiber: 0.27g (1.07%)