



HEALTH SCORE

67%

Rib-Eye Roast with Chianti Pan Vegetables and Balsamic Glaze



Gluten Free



Dairy Free



Very Healthy

READY IN



45 min.

SERVINGS



8

CALORIES



922 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2.7 cups balsamic vinegar
- ☐ 1.5 pounds carrots peeled cut into 2-inch-long pieces
- ☐ 1 tablespoon t brown sugar dark packed ()
- ☐ 1 cup wine dry red (such as Chianti)
- ☐ 6 tablespoons olive oil
- ☐ 2 medium onion unpeeled quartered
- ☐ 0.3 cup parsley fresh italian chopped

- ☐ 2 pounds baby potatoes
- ☐ 5 pound beef rib steak boneless trimmed room temperature

Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ sauce pan
- ☐ oven
- ☐ roasting pan
- ☐ kitchen thermometer
- ☐ aluminum foil
- ☐ cutting board

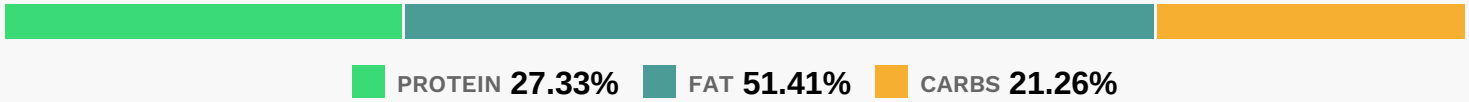
Directions

- ☐ Combine vinegar, wine, and sugar in heavy large saucepan. Bring to boil over medium heat, stirring to dissolve sugar. Boil until syrupy and reduced to 3/4 cup, about 25 minutes.
- ☐ Remove from heat. (Balsamic glaze can be made 1 day ahead. Cover and let stand at room temperature.)
- ☐ Position 1 rack in center and 1 rack in bottom third of oven; preheat to 325°F. Toss potatoes, carrots, and onions with oil in large bowl to coat. Scatter vegetables on large rimmed baking sheet.
- ☐ Sprinkle with salt and pepper.
- ☐ Place on lower rack and roast 35 minutes, stirring occasionally.
- ☐ Set meat on rack set in roasting pan.
- ☐ Sprinkle with salt and pepper.
- ☐ Place on center rack and roast until thermometer inserted into center registers 125°F; continue roasting vegetables until tender, about 1 hour 40 minutes.
- ☐ Transfer meat to cutting board; tent with foil.
- ☐ Let stand 10 minutes.
- ☐ Mix parsley into vegetables.

- ☐
- Cut meat into 1/2-inch-thick slices. Divide meat slices and vegetables among 8 plates.

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Nutrition Facts



Properties

Glycemic Index:29.95, Glycemic Load:25.03, Inflammation Score:-10, Nutrition Score:43.011304528817%

Flavonoids

Petunidin: 1mg, Petunidin: 1mg, Petunidin: 1mg, Petunidin: 1mg Delphinidin: 1.25mg, Delphinidin: 1.25mg, Delphinidin: 1.25mg, Delphinidin: 1.25mg Malvidin: 7.87mg, Malvidin: 7.87mg, Malvidin: 7.87mg, Malvidin: 7.87mg Peonidin: 0.56mg, Peonidin: 0.56mg, Peonidin: 0.56mg, Peonidin: 0.56mg Catechin: 2.31mg, Catechin: 2.31mg, Catechin: 2.31mg, Catechin: 2.31mg Epicatechin: 3.2mg, Epicatechin: 3.2mg, Epicatechin: 3.2mg, Epicatechin: 3.2mg Apigenin: 5.4mg, Apigenin: 5.4mg, Apigenin: 5.4mg, Apigenin: 5.4mg Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 1.33mg, Kaempferol: 1.33mg, Kaempferol: 1.33mg, Kaempferol: 1.33mg Myricetin: 0.5mg, Myricetin: 0.5mg, Myricetin: 0.5mg, Myricetin: 0.5mg Quercetin: 6.74mg, Quercetin: 6.74mg, Quercetin: 6.74mg, Quercetin: 6.74mg

Nutrients (% of daily need)

Calories: 921.98kcal (46.1%), Fat: 50.94g (78.37%), Saturated Fat: 19.35g (120.95%), Carbohydrates: 47.41g (15.8%), Net Carbohydrates: 41.99g (15.27%), Sugar: 20.27g (22.52%), Cholesterol: 172.93mg (57.64%), Sodium: 235.58mg (10.24%), Alcohol: 3.15g (100%), Alcohol %: 0.62% (100%), Protein: 60.94g (121.87%), Vitamin A: 14464.16IU (289.28%), Zinc: 15.22mg (101.45%), Selenium: 69.76µg (99.65%), Vitamin B6: 1.62mg (80.95%), Vitamin B3: 15.98mg (79.89%), Vitamin B12: 4.71µg (78.43%), Vitamin K: 65.06µg (61.97%), Phosphorus: 528.27mg (52.83%), Potassium: 1660.63mg (47.45%), Vitamin B2: 0.77mg (45.47%), Vitamin C: 32.72mg (39.66%), Iron: 6.91mg (38.39%), Magnesium: 110.16mg (27.54%), Vitamin B1: 0.41mg (27.41%), Manganese: 0.45mg (22.35%), Fiber: 5.43g (21.7%), Copper: 0.42mg (20.96%), Vitamin E: 2.11mg (14.06%), Folate: 51.85µg (12.96%), Calcium: 95.59mg (9.56%), Vitamin B5: 0.61mg (6.14%), Vitamin D: 0.28µg (1.89%)