

Rib Roast Dijon en Croute

 Dairy Free

READY IN



90 min.

SERVINGS



15

CALORIES



286 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 Tbsp butter
- 0.5 cup grey poupon dijon mustard
- 0.5 tsp basil leaves dried
- 0.3 cup bread crumbs dry toasted
- 1.8 cups mushrooms fresh finely chopped
- 2 cloves garlic minced
- 0.5 tsp coarsely cracked peppercorns white green black (, , and pink)
- 4 lb beef rib eye roast boneless

0.5 cup shallots chopped

Equipment

frying pan

oven

roasting pan

aluminum foil

Directions

Heat oven to 350F.

Place meat on rack in roasting pan.

Bake 45 min.

Meanwhile, cook and stir mushrooms, shallots and garlic in butter in large skillet on medium-high heat 3 min. or until tender.

Remove from heat. Stir in mustard; set aside.

Combine bread crumbs, cracked peppercorns and basil.

Spread mustard mixture onto meat; sprinkle with bread crumb mixture.

Bake 15 min. or until medium-rare (145F), or desired doneness, tenting meat with foil near the end of the baking time if necessary to prevent over-browning of the crust.

Remove from oven.

Let stand 15 min. before slicing to serve.

Nutrition Facts


■ PROTEIN 35.44% ■ FAT 59.44% ■ CARBS 5.12%

Properties

Glycemic Index:10.4, Glycemic Load:0.48, Inflammation Score:-2, Nutrition Score:13.082174207853%

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: 286.4kcal (14.32%), Fat: 19.04g (29.29%), Saturated Fat: 7.97g (49.83%), Carbohydrates: 3.69g (1.23%), Net Carbohydrates: 2.83g (1.03%), Sugar: 1.08g (1.2%), Cholesterol: 73.78mg (24.59%), Sodium: 186.62mg (8.11%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 25.54g (51.08%), Selenium: 33.99µg (48.56%), Zinc: 6.38mg (42.56%), Vitamin B12: 2.02µg (33.68%), Vitamin B3: 6.52mg (32.58%), Vitamin B6: 0.54mg (26.78%), Vitamin B2: 0.35mg (20.61%), Phosphorus: 201.88mg (20.19%), Iron: 2.51mg (13.96%), Potassium: 407.67mg (11.65%), Vitamin B1: 0.15mg (10.3%), Magnesium: 33.56mg (8.39%), Copper: 0.15mg (7.59%), Manganese: 0.11mg (5.47%), Fiber: 0.87g (3.46%), Vitamin K: 3.17µg (3.02%), Folate: 10.92µg (2.73%), Vitamin B5: 0.23mg (2.32%), Calcium: 23.22mg (2.32%), Vitamin A: 92.31IU (1.85%), Vitamin C: 1.03mg (1.25%)