



Rib Roast with Mustard Sauce

 Gluten Free

READY IN



45 min.

SERVINGS



12

CALORIES



410 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.7 cup cooking sherry dry
- ☐ 3 pound roast boneless
- ☐ 1 teaspoon coarsely ground pepper
- ☐ 1 Dash hot sauce
- ☐ 2 tablespoons mustard prepared
- ☐ 0.5 teaspoon onion salt
- ☐ 1 teaspoon rosemary dried whole crushed
- ☐ 0.3 cup cup heavy whipping cream sour

- ☐ 1 teaspoon thyme leaves dried whole
- ☐ 1 cup vegetable oil
- ☐ 0.3 cup whipping cream

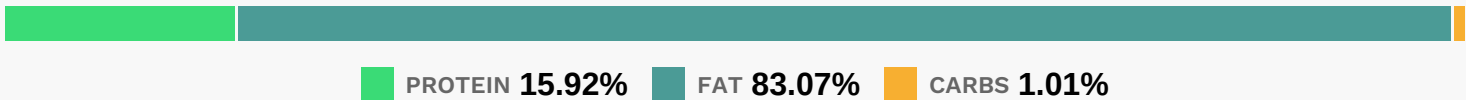
Equipment

- ☐ bowl
- ☐ oven
- ☐ roasting pan
- ☐ kitchen thermometer

Directions

- ☐ Trim fat from roast.
- ☐ Place roast in a shallow dish.
- ☐ Combine oil and next 5 ingredients, stirring well.
- ☐ Pour mixture over roast. Cover and marinate in refrigerator 8 to 10 hours, turning occasionally.
- ☐ Remove roast from marinade, reserving marinade.
- ☐ Place roast on a rack in a roasting pan. Insert meat thermometer into thickest part of roast, if desired.
- ☐ Bake at 350 for 1 hour and 45 minutes or until meat thermometer registers 150 (medium-rare), basting roast frequently with marinade.
- ☐ Let roast stand 15 minutes; cut diagonally across grain into thin slices.
- ☐ Transfer sliced meat to a serving platter, and keep warm.
- ☐ Combine whipped cream, sour cream, mustard, and hot sauce in a small bowl, stirring gently.
- ☐ Serve mustard mixture with roast.

Nutrition Facts



Properties

Glycemic Index:12.42, Glycemic Load:0.08, Inflammation Score:-2, Nutrition Score:8.9760868925115%

Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.1mg, Catechin: 0.1mg, Catechin: 0.1mg, Catechin: 0.1mg Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg Hesperetin: 0.05mg, Hesperetin: 0.05mg, Hesperetin: 0.05mg, Hesperetin: 0.05mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 409.75kcal (20.49%), Fat: 36.61g (56.32%), Saturated Fat: 14.78g (92.39%), Carbohydrates: 1.01g (0.34%), Net Carbohydrates: 0.82g (0.3%), Sugar: 0.47g (0.53%), Cholesterol: 77.01mg (25.67%), Sodium: 178.67mg (7.77%), Alcohol: 1.37g (100%), Alcohol %: 1.25% (100%), Protein: 15.78g (31.56%), Vitamin B12: 2.65µg (44.12%), Selenium: 20.92µg (29.89%), Zinc: 3.5mg (23.31%), Phosphorus: 156.84mg (15.68%), Vitamin B6: 0.31mg (15.42%), Vitamin B3: 2.66mg (13.31%), Iron: 1.83mg (10.15%), Vitamin B2: 0.15mg (8.56%), Vitamin K: 8.7µg (8.29%), Potassium: 277.44mg (7.93%), Vitamin B1: 0.08mg (5.61%), Magnesium: 19.09mg (4.77%), Vitamin B5: 0.33mg (3.3%), Manganese: 0.07mg (3.27%), Copper: 0.06mg (3.06%), Vitamin E: 0.38mg (2.52%), Calcium: 21.94mg (2.19%), Vitamin A: 108.87IU (2.18%), Folate: 5.84µg (1.46%)