



Rib Roast with Red-Wine Gravy

 Dairy Free

READY IN

ready

110 min.

SERVINGS

servings

8

CALORIES

calories

736 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1.5 cups beef broth low-sodium canned
- ☐ 1 teaspoon mustard dry
- ☐ 1 teaspoon flour all-purpose
- ☐ 3 tablespoons flour all-purpose
- ☐ 1 onion peeled cut into quarters
- ☐ 1 teaspoon onion powder
- ☐ 1.5 cups red wine
- ☐ 8 servings salt and pepper

- ☐ 4 lb standing rib roast

Equipment

- ☐ frying pan
- ☐ oven
- ☐ whisk
- ☐ roasting pan
- ☐ kitchen thermometer
- ☐ aluminum foil
- ☐ cutting board

Directions

- ☐ Make roast: Two hours before cooking, remove meat from refrigerator and set on a countertop to bring to room temperature.
- ☐ Preheat oven to 475F.
- ☐ Combine flour, dry mustard and onion powder and pat onto roast. Season generously with salt and pepper.
- ☐ Place roast in large roasting pan, bone side down.
- ☐ Place a piece of onion at each corner of meat. Roast meat for 15 minutes, then reduce oven temperature to 375F and roast another 15 minutes per pound, approximately 1 hour total, until a meat thermometer registers 135F for medium rare or 145F for medium.
- ☐ Remove roast from oven to platter, tent loosely with foil and let rest for 20 to 30 minutes. Roast's internal temperature will rise about 5F to 10F as it rests. When ready to serve, transfer to a cutting board and carve into thick slices.
- ☐ Remove onions and all but 3 Tbsp. of fat from roasting pan.
- ☐ Place pan on 2 burners over medium heat, sprinkle in flour and cook, whisking constantly, for 2 minutes.
- ☐ Add wine and broth and bring to a boil, stirring and scraping up browned bits from bottom of pan. Reduce heat and simmer until gravy reaches desired consistency. Season gravy with salt and pepper and add any juices that accumulated on platter while meat was resting. Strain gravy and serve with roast.

Nutrition Facts

 **PROTEIN 18.54%**  **FAT 78.54%**  **CARBS 2.92%**

Properties

Glycemic Index:24, Glycemic Load:2.15, Inflammation Score:-3, Nutrition Score:17.030434692279%

Flavonoids

Cyanidin: 0.09mg, Cyanidin: 0.09mg, Cyanidin: 0.09mg, Cyanidin: 0.09mg Petunidin: 0.89mg, Petunidin: 0.89mg, Petunidin: 0.89mg, Petunidin: 0.89mg Delphinidin: 0.9mg, Delphinidin: 0.9mg, Delphinidin: 0.9mg, Delphinidin: 0.9mg Malvidin: 6.23mg, Malvidin: 6.23mg, Malvidin: 6.23mg, Malvidin: 6.23mg Peonidin: 0.56mg, Peonidin: 0.56mg, Peonidin: 0.56mg Catechin: 3.21mg, Catechin: 3.21mg, Catechin: 3.21mg, Catechin: 3.21mg Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg Epicatechin: 1.71mg, Epicatechin: 1.71mg, Epicatechin: 1.71mg, Epicatechin: 1.71mg Hesperetin: 0.28mg, Hesperetin: 0.28mg, Hesperetin: 0.28mg Naringenin: 0.8mg, Naringenin: 0.8mg, Naringenin: 0.8mg, Naringenin: 0.8mg Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 0.7mg, Isorhamnetin: 0.7mg, Isorhamnetin: 0.7mg, Isorhamnetin: 0.7mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.19mg, Myricetin: 0.19mg, Myricetin: 0.19mg, Myricetin: 0.19mg Quercetin: 3.26mg, Quercetin: 3.26mg, Quercetin: 3.26mg, Quercetin: 3.26mg Gallocatechin: 0.04mg, Gallocatechin: 0.04mg, Gallocatechin: 0.04mg, Gallocatechin: 0.04mg

Nutrients (% of daily need)

Calories: 736.14kcal (36.81%), Fat: 60.45g (93%), Saturated Fat: 25.2g (157.51%), Carbohydrates: 5.06g (1.69%), Net Carbohydrates: 4.68g (1.7%), Sugar: 0.9g (1%), Cholesterol: 137.17mg (45.72%), Sodium: 379.88mg (16.52%), Alcohol: 4.77g (100%), Alcohol %: 2.03% (100%), Protein: 32.11g (64.22%), Vitamin B12: 5.26µg (87.63%), Selenium: 41.19µg (58.84%), Zinc: 6.99mg (46.61%), Vitamin B6: 0.64mg (31.84%), Phosphorus: 310.09mg (31.01%), Vitamin B3: 5.55mg (27.75%), Iron: 3.65mg (20.28%), Potassium: 675.89mg (19.31%), Vitamin B2: 0.28mg (16.55%), Vitamin B1: 0.19mg (12.55%), Magnesium: 39.14mg (9.79%), Manganese: 0.13mg (6.44%), Copper: 0.13mg (6.33%), Vitamin B5: 0.62mg (6.19%), Folate: 18.76µg (4.69%), Calcium: 26.11mg (2.61%), Fiber: 0.38g (1.54%), Vitamin C: 1.09mg (1.33%)