



Roasted Prime Rib with Thyme and Marsala

 **Gluten Free**

READY IN



200 min.

SERVINGS



6

CALORIES



1491 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 3 tablespoons tapioca/arrowroot flour
- 0.5 teaspoon pepper black freshly ground
- 1 teaspoon pepper black freshly ground
- 1 tablespoon thyme leaves fresh chopped
- 3 cloves garlic minced
- 1 tablespoon kosher salt
- 1.5 teaspoons kosher salt
- 2 cups beef broth low-sodium

- 1 cup plum brandy sweet
- 6 pound beef prime rib roast bone-in
- 3 tablespoons butter unsalted cut into 1/2-inch pieces at room temperature

Equipment

- bowl
- baking sheet
- sauce pan
- oven
- knife
- whisk
- roasting pan
- kitchen thermometer
- aluminum foil

Directions

- Watch how to make this recipe.
- For the beef: Allow the beef to stand at room temperature before roasting, 30 minutes.
- Place an oven rack in the center of the oven. Preheat the oven to 425 degrees F.
- Mix together the thyme, salt, pepper and garlic in a small bowl. Make 1-inch-long, 1/2-inch-deep slits all over the meat using a paring knife. Rub the garlic mixture into the slits and onto the rest of the meat.
- Place the meat, fat-side up, in a shallow roasting pan. Roast for 45 minutes. Cover the meat with foil and continue to roast until a meat thermometer inserted straight down into the center of the meat registers 145 degrees F for medium-rare, 65 to 75 minutes.
- Place the roast on a baking sheet and tent with foil. Allow to rest for 20 minutes.
- Combine any juices from the rested meat with the broth, marsala, arrowroot and thyme in a medium saucepan. Bring to a boil, stirring constantly. Reduce the heat and simmer until thick, 20 minutes.
- Whisk in the butter until smooth and season with salt and pepper.

Pour the sauce into a serving pitcher. Slice the roast into 1/2-inch-thick slices and arrange on a platter.

Serve the sauce alongside.

Nutrition Facts

PROTEIN 17.68% **FAT 79.49%** **CARBS 2.83%**

Properties

Glycemic Index:37.33, Glycemic Load:3.14, Inflammation Score:-8, Nutrition Score:28.87086943699%

Flavonoids

Petunidin: 2.65mg, Petunidin: 2.65mg, Petunidin: 2.65mg, Petunidin: 2.65mg Delphinidin: 1.56mg, Delphinidin: 1.56mg, Delphinidin: 1.56mg, Delphinidin: 1.56mg Malvidin: 37.93mg, Malvidin: 37.93mg, Malvidin: 37.93mg, Malvidin: 37.93mg Peonidin: 1.57mg, Peonidin: 1.57mg, Peonidin: 1.57mg, Peonidin: 1.57mg Catechin: 3.94mg, Catechin: 3.94mg, Catechin: 3.94mg, Catechin: 3.94mg Epicatechin: 3.02mg, Epicatechin: 3.02mg, Epicatechin: 3.02mg, Epicatechin: 3.02mg Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.53mg, Luteolin: 0.53mg, Luteolin: 0.53mg, Luteolin: 0.53mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.8mg, Quercetin: 0.8mg, Quercetin: 0.8mg, Quercetin: 0.8mg

Nutrients (% of daily need)

Calories: 1490.75kcal (74.54%), Fat: 126.36g (194.39%), Saturated Fat: 53.98g (337.38%), Carbohydrates: 10.11g (3.37%), Net Carbohydrates: 9.65g (3.51%), Sugar: 3.13g (3.48%), Cholesterol: 289.38mg (96.46%), Sodium: 2097.62mg (91.2%), Alcohol: 6.12g (100%), Alcohol %: 1.49% (100%), Protein: 63.23g (126.47%), Vitamin B12: 10.53µg (175.47%), Selenium: 79.38µg (113.4%), Zinc: 13.8mg (92.02%), Vitamin B6: 1.21mg (60.28%), Phosphorus: 588.95mg (58.89%), Vitamin B3: 10.6mg (53.02%), Iron: 6.88mg (38.22%), Potassium: 1221.12mg (34.89%), Vitamin B2: 0.51mg (30.17%), Vitamin B1: 0.32mg (21.1%), Magnesium: 67.96mg (16.99%), Copper: 0.26mg (12.84%), Vitamin B5: 1.19mg (11.89%), Manganese: 0.22mg (11.1%), Calcium: 51.51mg (5.15%), Folate: 20.2µg (5.05%), Vitamin A: 233.23IU (4.66%), Vitamin C: 2.34mg (2.83%), Fiber: 0.46g (1.83%), Vitamin K: 1.33µg (1.27%), Vitamin E: 0.17mg (1.13%)