



Rosemary-Dijon Crusted Standing Rib Roast



Gluten Free



Dairy Free

READY IN



185 min.

SERVINGS



12

CALORIES



593 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 teaspoon pepper black freshly ground
- ☐ 0.3 cup dijon mustard
- ☐ 1 tablespoon rosemary fresh chopped
- ☐ 1.5 tablespoons thyme leaves fresh chopped
- ☐ 5 garlic cloves
- ☐ 1.5 cups lower-sodium beef broth fat-free
- ☐ 1 tablespoon olive oil extra-virgin
- ☐ 0.7 cup pinot noir chocolate brownies

- ☐ 1 teaspoon salt
- ☐ 5 pound standing rib roast trimmed

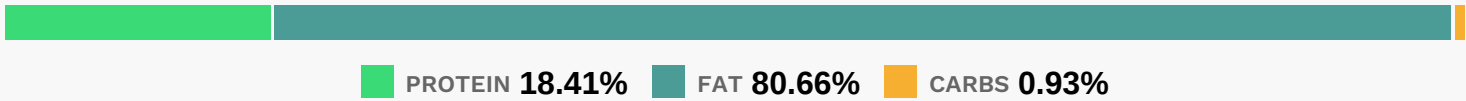
Equipment

- ☐ frying pan
- ☐ oven
- ☐ roasting pan
- ☐ kitchen thermometer

Directions

- ☐ Let beef stand 1 hour at room temperature.
- ☐ Sprinkle beef evenly with salt and pepper.
- ☐ Preheat oven to 40
- ☐ Place garlic in a mini chopper, and pulse until finely chopped.
- ☐ Add Dijon, thyme, rosemary, and oil; pulse to combine. Rub Dijon mixture evenly over beef.
- ☐ Place roast on the rack of a roasting pan coated with cooking spray; place rack in pan.
- ☐ Bake at 400 for 30 minutes. Reduce oven temperature to 350 (do not remove roast from oven); bake at 350 for 30 minutes.
- ☐ Add broth to pan.
- ☐ Bake for 30 minutes or until a thermometer registers 135 or until desired degree of doneness.
- ☐ Remove roast from oven, and let stand 20 minutes before slicing.
- ☐ Heat roasting pan over medium-high heat; bring broth mixture to a boil, scraping pan to loosen browned bits. Stir in wine; boil 6 minutes or until reduced to 2/3 cup (about 6 minutes).
- ☐ Serve with beef.

Nutrition Facts



Properties

Glycemic Index:12.83, Glycemic Load:0.24, Inflammation Score:-7, Nutrition Score:13.996521752814%

Flavonoids

Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.4mg, Luteolin: 0.4mg, Luteolin: 0.4mg, Luteolin: 0.4mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 593.08kcal (29.65%), Fat: 51.64g (79.45%), Saturated Fat: 21.17g (132.34%), Carbohydrates: 1.35g (0.45%), Net Carbohydrates: 0.91g (0.33%), Sugar: 0.09g (0.1%), Cholesterol: 114.31mg (38.1%), Sodium: 390.38mg (16.97%), Alcohol: 1.36g (100%), Alcohol %: 0.82% (100%), Protein: 26.52g (53.04%), Vitamin B12: 4.38µg (73.03%), Selenium: 34.81µg (49.73%), Zinc: 5.78mg (38.55%), Vitamin B6: 0.52mg (25.77%), Phosphorus: 250.13mg (25.01%), Vitamin B3: 4.42mg (22.12%), Iron: 2.99mg (16.62%), Potassium: 499.03mg (14.26%), Vitamin B2: 0.22mg (12.7%), Vitamin B1: 0.14mg (9.33%), Magnesium: 30.05mg (7.51%), Copper: 0.11mg (5.29%), Vitamin B5: 0.51mg (5.07%), Manganese: 0.1mg (4.92%), Calcium: 24.76mg (2.48%), Vitamin C: 1.85mg (2.24%), Folate: 8.94µg (2.24%), Fiber: 0.44g (1.75%), Vitamin E: 0.19mg (1.26%), Vitamin K: 1.07µg (1.02%), Vitamin A: 51.15IU (1.02%)