



Standing Rib Roast with Red Wine Mushrooms

 Gluten Free

READY IN



235 min.

SERVINGS



10

CALORIES



1151 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 cup beef broth
- ☐ 2.3 teaspoons pepper black freshly ground
- ☐ 2 tablespoons butter
- ☐ 0.3 cup dijon mustard
- ☐ 0.5 cup cooking wine dry red
- ☐ 10 servings roast
- ☐ 16 oz mushrooms fresh quartered
- ☐ 1 tablespoon rosemary fresh chopped

- ☐ 3 garlic cloves minced
- ☐ 7 teaspoons kosher salt
- ☐ 2 tablespoons olive oil
- ☐ 7 lb bone prime rib roast
- ☐ 2 shallots minced
- ☐ 10 servings red wine mushrooms

Equipment

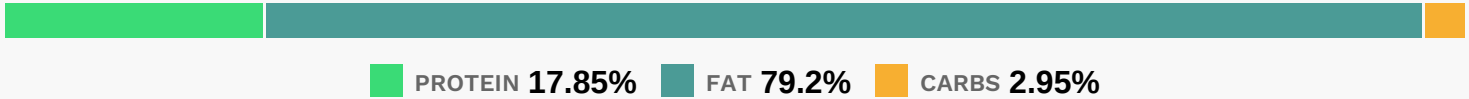
- ☐ frying pan
- ☐ oven
- ☐ whisk
- ☐ roasting pan
- ☐ kitchen thermometer
- ☐ stove

Directions

- ☐ Let roast stand at room temperature 1 hour.
- ☐ Preheat oven to 450
- ☐ Whisk together mustard and next 3 ingredients; reserve 1 Tbsp. mixture. Rub remaining mixture over roast; sprinkle with salt and pepper.
- ☐ Place roast on a lightly greased rack in a roasting pan.
- ☐ Bake at 450 on lower oven rack 45 minutes. Reduce oven temperature to 350; bake 1 hour and 10 minutes or until a meat thermometer inserted into thickest portion registers 120 to 130 (medium-rare) or 130 to 135 (medium).
- ☐ Let stand 30 minutes; transfer roast to a serving platter, reserving drippings in pan.
- ☐ Meanwhile, prepare Red Wine Mushrooms: Skim fat from reserved drippings; place pan on stove top over 2 burners. Melt butter in pan over medium-high heat, stirring occasionally and moving pan as necessary to prevent hot spots.
- ☐ Add mushrooms; saut 3 minutes.

- ☐ Add shallots; cook, stirring constantly, 3 to 4 minutes or until tender. Stir in wine; cook, stirring constantly, 2 minutes. Stir in broth; reduce heat to medium, and simmer, stirring constantly, 5 minutes. Stir in reserved 1 Tbsp. mustard mixture.
- ☐ Add salt and pepper to taste. Slice roast, and serve with mushroom mixture.

Nutrition Facts



Properties

Glycemic Index:22.1, Glycemic Load:1.27, Inflammation Score:-6, Nutrition Score:26.936521815217%

Flavonoids

Cyanidin: 0.28mg, Cyanidin: 0.28mg, Cyanidin: 0.28mg, Cyanidin: 0.28mg Petunidin: 3.31mg, Petunidin: 3.31mg, Petunidin: 3.31mg, Petunidin: 3.31mg Delphinidin: 3.46mg, Delphinidin: 3.46mg, Delphinidin: 3.46mg, Delphinidin: 3.46mg Malvidin: 23.49mg, Malvidin: 23.49mg, Malvidin: 23.49mg, Malvidin: 23.49mg Peonidin: 2.06mg, Peonidin: 2.06mg, Peonidin: 2.06mg, Peonidin: 2.06mg Catechin: 11.42mg, Catechin: 11.42mg, Catechin: 11.42mg, Catechin: 11.42mg Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg Epicatechin: 6.85mg, Epicatechin: 6.85mg, Epicatechin: 6.85mg, Epicatechin: 6.85mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Hesperetin: 0.93mg, Hesperetin: 0.93mg, Hesperetin: 0.93mg, Hesperetin: 0.93mg Naringenin: 2.65mg, Naringenin: 2.65mg, Naringenin: 2.65mg, Naringenin: 2.65mg Apigenin: 0.19mg, Apigenin: 0.19mg, Apigenin: 0.19mg, Apigenin: 0.19mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg Myricetin: 0.67mg, Myricetin: 0.67mg, Myricetin: 0.67mg, Myricetin: 0.67mg Quercetin: 1.61mg, Quercetin: 1.61mg, Quercetin: 1.61mg, Quercetin: 1.61mg Gallocatechin: 0.12mg, Gallocatechin: 0.12mg, Gallocatechin: 0.12mg, Gallocatechin: 0.12mg

Nutrients (% of daily need)

Calories: 1150.6kcal (57.53%), Fat: 90.06g (138.55%), Saturated Fat: 37.18g (232.36%), Carbohydrates: 7.55g (2.52%), Net Carbohydrates: 6.41g (2.33%), Sugar: 2.33g (2.59%), Cholesterol: 198.05mg (66.02%), Sodium: 1977.31mg (85.97%), Alcohol: 16.84g (100%), Alcohol %: 4.1% (100%), Protein: 45.67g (91.34%), Vitamin B12: 7.42µg (123.64%), Selenium: 63.11µg (90.16%), Zinc: 10.18mg (67.88%), Vitamin B6: 1.01mg (50.27%), Phosphorus: 498.35mg (49.83%), Vitamin B3: 9.63mg (48.13%), Vitamin B2: 0.59mg (34.82%), Iron: 5.8mg (32.19%), Potassium: 1090.13mg (31.15%), Manganese: 0.38mg (18.75%), Vitamin B1: 0.28mg (18.71%), Magnesium: 71.42mg (17.86%), Copper: 0.34mg (16.75%), Vitamin B5: 1.59mg (15.9%), Folate: 25.68µg (6.42%), Calcium: 51.65mg (5.16%), Fiber: 1.13g (4.53%), Vitamin E: 0.51mg (3.39%), Vitamin K: 3.39µg (3.22%), Vitamin C: 1.71mg (2.07%), Vitamin A: 87.4IU (1.75%)