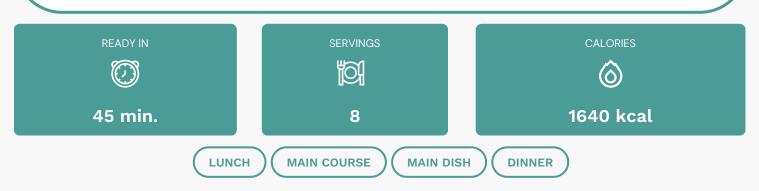


Standing Rib Roast with Rosemary-Thyme Crust



Ingredients

3 tablespoons flour

32 baby carrots fresh green trimmed to 1 inch, peeled
3.5 cups beef stock
3 tablespoons butter
0.3 cup dijon mustard
2 tablespoons rosemary leaves fresh chopped
2 tablespoons thyme sprigs fresh chopped
16 large shallots neeled

	9 pound prime rib roast fat trimmed thin (4 ribs)		
Equipment			
	bowl		
	frying pan		
	baking sheet		
	oven		
	whisk		
	roasting pan		
	kitchen thermometer		
	aluminum foil		
	stove		
Diı	rections		
	Place beef, fat side up, in large shallow roasting pan or on rimmed baking sheet.		
	Sprinkle beef all over with salt and pepper.		
	Spread mustard all over beef.		
	Mix rosemary and thyme in small bowl; sprinkle over beef and press lightly to adhere. (Can be prepared 1 day ahead. Cover and refrigerate.)		
	Position rack just below center of oven and preheat to 450°F. Roast beef uncovered 15 minutes. Reduce oven temperature to 325°F. Roast beef 1 hour 30 minutes.		
	Remove from oven. Spoon off all but 2 tablespoons drippings.		
	Add carrots and shallots to pan. Turn vegetables to coat with drippings; sprinkle with salt and pepper. Roast beef and vegetables until thermometer inserted into center of beef registers 125°F for medium-rare, stirring vegetables occasionally, about 55 minutes longer.		
	Transfer beef and vegetables to platter; tent loosely with foil to keep warm.		
	Discard drippings from roasting pan.		
	Place pan over 2 burners on stove top over medium heat.		
	Add butter to pan and melt.		
	Add flour; whisk until smooth and just beginning to color, about 5 minutes.		

ш	sauce to taste with salt and pepper.	
	Serve beef with vegetables and sauce.	
	Nutrition Facts	
	DEOTEIN 18 13%	

Properties

Glycemic Index:29, Glycemic Load:3.7, Inflammation Score:-10, Nutrition Score:40.062608656676%

Flavonoids

Naringenin: 0.12mg, Naringenin: 0.12mg, Naringenin: 0.12mg, Naringenin: 0.12mg Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg, Luteolin: 0.8mg, Luteolin

Nutrients (% of daily need)

Calories: 1640.39kcal (82.02%), Fat: 140.51g (216.17%), Saturated Fat: 59.47g (371.66%), Carbohydrates: 16.05g (5.35%), Net Carbohydrates: 12.56g (4.57%), Sugar: 6.53g (7.25%), Cholesterol: 319.91mg (106.64%), Sodium: 591.98mg (25.74%), Alcohol: Og (100%), Alcohol %: O% (100%), Protein: 73.58g (147.16%), Vitamin B12: 11.84µg (197.33%), Selenium: 94.6µg (135.14%), Vitamin A: 5752.48IU (115.05%), Zinc: 15.99mg (106.59%), Vitamin B6: 1.62mg (80.78%), Phosphorus: 740.18mg (74.02%), Vitamin B3: 13.27mg (66.37%), Iron: 9.12mg (50.67%), Potassium: 1613.32mg (46.09%), Vitamin B2: 0.71mg (41.59%), Vitamin B1: 0.46mg (30.51%), Magnesium: 98.15mg (24.54%), Copper: 0.4mg (20.09%), Manganese: 0.34mg (17%), Vitamin B5: 1.64mg (16.44%), Folate: 58.51µg (14.63%), Fiber: 3.49g (13.94%), Vitamin C: 7.98mg (9.68%), Calcium: 93.53mg (9.35%), Vitamin K: 4.76µg (4.53%), Vitamin E: 0.18mg (1.21%)