



Sunday Rib Roast

 Dairy Free

READY IN



1500 min.

SERVINGS



6

CALORIES



41 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 teaspoon pepper black
- ☐ 2 tablespoons flour all-purpose
- ☐ 6 servings accompaniment: onion gravy
- ☐ 1.5 tablespoons kosher salt
- ☐ 1.5 tablespoons mustard dry english (preferably Colman's)
- ☐ 1 rib tied prime beef rib roast trimmed (from small end; 4 1/2 lb)

Equipment

- ☐ oven

- ☐ roasting pan
- ☐ kitchen thermometer
- ☐ cutting board

Directions

- ☐ Put oven rack in lower third of oven and preheat oven to 450°F.
- ☐ Put beef, fat side up, in a small roasting pan and sprinkle all over with salt and pepper. Stir together flour and dry mustard, then pat onto top and sides of roast to form a thick coating.
- ☐ Roast beef 20 minutes. Reduce oven temperature to 350°F and roast until thermometer inserted into center of meat registers 115°F, about 1 1/4 hours more.
- ☐ Transfer beef to a cutting board and let stand, uncovered, 25 minutes. Meat will eventually reach 125°F (medium-rare).

Nutrition Facts



Properties

Glycemic Index:22.33, Glycemic Load:2.56, Inflammation Score:-3, Nutrition Score:2.69999999968254%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg Kaempferol: 0.36mg, Kaempferol: 0.36mg, Kaempferol: 0.36mg, Kaempferol: 0.36mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 11.16mg, Quercetin: 11.16mg, Quercetin: 11.16mg, Quercetin: 11.16mg

Nutrients (% of daily need)

Calories: 41.42kcal (2.07%), Fat: 0.78g (1.2%), Saturated Fat: 0.09g (0.55%), Carbohydrates: 7.75g (2.58%), Net Carbohydrates: 6.45g (2.35%), Sugar: 2.46g (2.73%), Cholesterol: 0.12mg (0.04%), Sodium: 1746.74mg (75.95%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 1.38g (2.76%), Manganese: 0.18mg (8.89%), Selenium: 4.82µg (6.89%), Fiber: 1.3g (5.2%), Vitamin C: 4.19mg (5.08%), Folate: 17.92µg (4.48%), Vitamin B1: 0.06mg (3.97%), Vitamin B6: 0.08mg (3.78%), Phosphorus: 33.92mg (3.39%), Magnesium: 13.17mg (3.29%), Potassium: 101.12mg (2.89%), Iron: 0.44mg (2.46%), Copper: 0.04mg (2.11%), Calcium: 20.25mg (2.03%), Vitamin B2: 0.03mg (1.92%), Zinc: 0.23mg (1.55%), Vitamin B3: 0.3mg (1.51%)