



The Perfect Prime Rib

 Gluten Free

READY IN



125 min.

SERVINGS



6

CALORIES



60 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 cup beef broth
- ☐ 1 tablespoon butter
- ☐ 1 cup hot-brewed coffee
- ☐ 1 tablespoon cornstarch
- ☐ 1 prime rib roast with bone and fat cap
- ☐ 1 cup red wine
- ☐ 6 servings salt and pepper to taste
- ☐ 1 tablespoon water cold

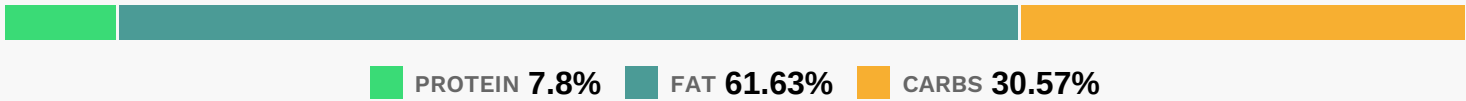
Equipment

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

Directions

- ☐ Pat the beef dry, rub the salt and pepper all over it, place it in an oven safe roasting dish with the bones down and stick a meat thermometer into the middle of the thickest part. Roast in a preheated 450F oven for 10 minutes, reduce the temperature to 275F and continue roasting until the temperature reaches the desired doneness. (see chart below)
- ☐ Remove the roast from the oven and set aside to rest, covered.
- ☐ Drain all but one or two tablespoons of any grease and heat the roasting pan over medium heat.
- ☐ Add the red wine and deglaze the pan.
- ☐ Add the broth and coffee and simmer to reduce by half.
- ☐ Mix the corn starch into the water, add to the gravy and simmer until it thickens.
- ☐ Remove from heat, mix in the butter and season with salt and pepper.

Nutrition Facts



Properties

Glycemic Index:10.83, Glycemic Load:0.16, Inflammation Score:-2, Nutrition Score:1.0791304339857%

Flavonoids

Cyanidin: 0.08mg, Cyanidin: 0.08mg, Cyanidin: 0.08mg, Cyanidin: 0.08mg Petunidin: 0.79mg, Petunidin: 0.79mg, Petunidin: 0.79mg Delphinidin: 0.8mg, Delphinidin: 0.8mg, Delphinidin: 0.8mg, Delphinidin: 0.8mg Malvidin: 5.54mg, Malvidin: 5.54mg, Malvidin: 5.54mg, Malvidin: 5.54mg Peonidin: 0.5mg, Peonidin: 0.5mg, Peonidin: 0.5mg, Peonidin: 0.5mg Catechin: 2.86mg, Catechin: 2.86mg, Catechin: 2.86mg, Catechin: 2.86mg Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg

Epicatechin: 1.53mg, Epicatechin: 1.53mg, Epicatechin: 1.53mg, Epicatechin: 1.53mg Hesperetin: 0.25mg, Hesperetin: 0.25mg, Hesperetin: 0.25mg, Hesperetin: 0.25mg Naringenin: 0.71mg, Naringenin: 0.71mg, Naringenin: 0.71mg, Naringenin: 0.71mg Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.19mg, Myricetin: 0.19mg, Myricetin: 0.19mg, Myricetin: 0.19mg Quercetin: 0.44mg, Quercetin: 0.44mg, Quercetin: 0.44mg, Quercetin: 0.44mg Gallocatechin: 0.03mg, Gallocatechin: 0.03mg, Gallocatechin: 0.03mg, Gallocatechin: 0.03mg

Nutrients (% of daily need)

Calories: 59.6kcal (2.98%), Fat: 2.04g (3.14%), Saturated Fat: 1.27g (7.91%), Carbohydrates: 2.28g (0.76%), Net Carbohydrates: 2.27g (0.82%), Sugar: 0.25g (0.28%), Cholesterol: 5.14mg (1.71%), Sodium: 360.32mg (15.67%), Alcohol: 4.24g (100%), Alcohol %: 4.25% (100%), Caffeine: 15.8mg (5.27%), Protein: 0.58g (1.16%), Manganese: 0.07mg (3.36%), Vitamin B2: 0.05mg (3.05%), Potassium: 92.83mg (2.65%), Vitamin B3: 0.48mg (2.41%), Magnesium: 6.93mg (1.73%), Phosphorus: 16.57mg (1.66%), Iron: 0.27mg (1.48%), Vitamin B6: 0.03mg (1.39%), Vitamin B5: 0.12mg (1.23%), Vitamin A: 59.11IU (1.18%)