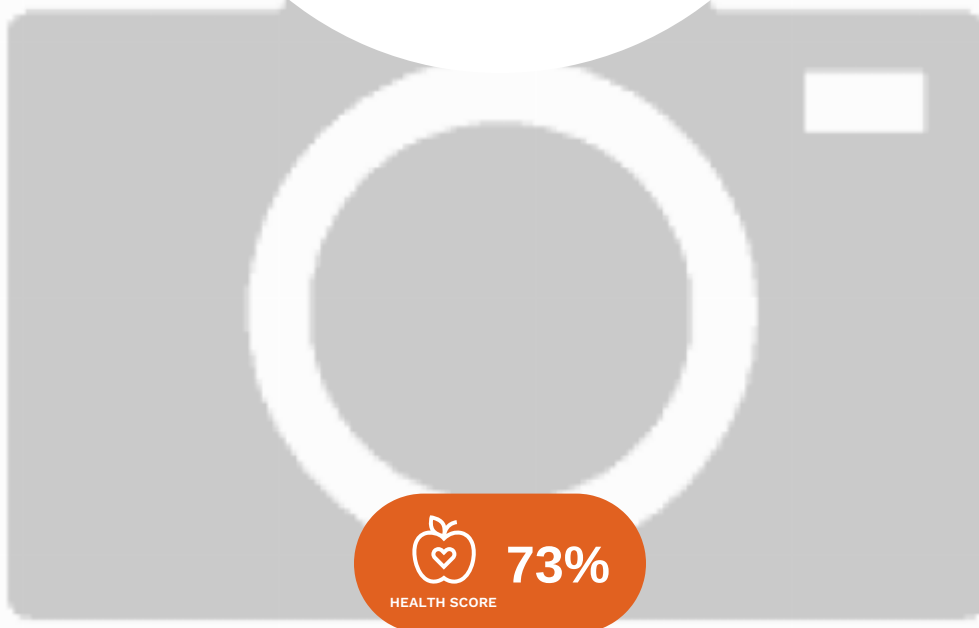




Amazingly Delicious Prime Rib



Gluten Free



Dairy Free



Very Healthy

READY IN



170 min.

SERVINGS



3

CALORIES



3251 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 teaspoons coffee-bean granita
- ☐ 2 teaspoons rosemary dried
- ☐ 1 teaspoon garlic powder
- ☐ 2 teaspoons ground pepper black
- ☐ 2 teaspoons lemon pepper
- ☐ 2 tablespoons olive oil or as needed
- ☐ 1 teaspoon onion powder
- ☐ 7 pound beef prime rib roast

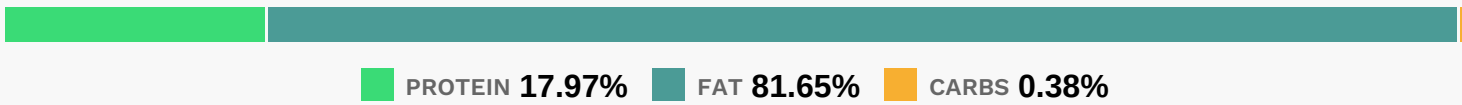
Equipment

- ☐ oven
- ☐ roasting pan
- ☐ kitchen thermometer
- ☐ aluminum foil

Directions

- ☐ Preheat oven to 350 degrees F (175 degrees C).
- ☐ Rub olive oil generously over all sides of prime rib roast. Grind rosemary with coffee beans in a spice grinder and sprinkle the mixture over the roast.
- ☐ Sprinkle lemon pepper and black pepper over the meat, followed by garlic powder and onion powder.
- ☐ Place roast into a large roasting pan and cover with non-stick aluminum foil.
- ☐ Roast in the preheated oven for 1 hour and 15 minutes. Uncover and continue roasting until meat is browned and an instant-read meat thermometer inserted into the thickest part of the roast reads at least 145 degrees F (65 degrees C), about 1 hour and 15 more minutes.
- ☐ Let roast rest for at least 10 minutes before slicing.

Nutrition Facts



Properties

Glycemic Index:46.33, Glycemic Load:0.37, Inflammation Score:-2, Nutrition Score:44.779130566379%

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

Nutrients (% of daily need)

Calories: 3251.1kcal (162.55%), Fat: 290.92g (447.56%), Saturated Fat: 118.87g (742.91%), Carbohydrates: 3g (1%), Net Carbohydrates: 2.11g (0.77%), Sugar: 0.09g (0.1%), Cholesterol: 640.11mg (213.37%), Sodium: 473.03mg (20.57%), Alcohol: Og (100%), Alcohol %: 0% (100%), Caffeine: 4.7mg (1.57%), Protein: 144.1g (288.19%), Vitamin B12:

24.54µg (408.96%), Selenium: 184.5µg (263.57%), Zinc: 32.1mg (213.98%), Vitamin B6: 2.79mg (139.31%), Phosphorus: 1361.89mg (136.19%), Vitamin B3: 24.49mg (122.45%), Iron: 15.53mg (86.26%), Vitamin B2: 1.16mg (68.4%), Potassium: 2392.84mg (68.37%), Vitamin B1: 0.72mg (48.12%), Magnesium: 148.48mg (37.12%), Copper: 0.55mg (27.59%), Vitamin B5: 2.72mg (27.17%), Manganese: 0.46mg (22.88%), Folate: 46.01µg (11.5%), Calcium: 96.12mg (9.61%), Vitamin K: 10.02µg (9.54%), Vitamin E: 1.38mg (9.2%), Fiber: 0.89g (3.58%)