



Blackened Prime Rib

 **Gluten Free**  **Dairy Free**  **Low Fod Map**

READY IN



185 min.

SERVINGS



8

CALORIES



1122 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 3 tablespoons blackened seasoning cajun-style
- 0.5 cup brown sugar
- 0.5 cup chili powder
- 2 tablespoons ground coriander
- 2 teaspoons ground cumin
- 2 tablespoons pepper black
- 2 tablespoons kosher salt
- 6 pounds prime rib roast bone in

- 0.3 cup soya sauce
- 2 cups water

Equipment

- bowl
- frying pan
- oven
- roasting pan

Directions

- In a medium bowl, mix together the brown sugar, cumin, black pepper, coriander, 1/4 cup chili powder, kosher salt, and soy sauce. In a separate small bowl, mix together 1/2 cup chili powder and blackened seasoning. Set aside.
- Cut ribs from roast, and place in a roasting pan. They will act as a roasting rack. Rub the meat all over with the soy sauce mixture. Then rub and coat with the Cajun seasoning mixture.
- Let marinate for at least one hour or wrap in plastic, and chill overnight.
- Preheat the oven to 500 degrees F (260 degrees C).
- Remove any plastic from roast, and place pan into the preheated oven. Roast uncovered for 15 minutes in the preheated oven.
- Pour water into the pan to produce moist heat. Reduce oven temperature to 300 degrees F (150 degrees C), and continue roasting for 1 hour and 10 minutes, or until the internal temperature is at least 130–140 degrees F/55–60 degrees C) for medium rare, or (145–155 degrees F/63–68 degrees C) for medium .
- Let the roast stand for 30 minutes before carving to let the juices return to the center.

Nutrition Facts



Properties

Glycemic Index:6.5, Glycemic Load:0.25, Inflammation Score:-10, Nutrition Score:35.408695853275%

Nutrients (% of daily need)

Calories: 1122.12kcal (56.11%), Fat: 92.97g (143.04%), Saturated Fat: 38.18g (238.65%), Carbohydrates: 23.11g (7.7%), Net Carbohydrates: 16.95g (6.16%), Sugar: 14.54g (16.16%), Cholesterol: 205.75mg (68.58%), Sodium: 2951.04mg (128.31%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 49.32g (98.64%), Vitamin B12: 7.89µg (131.45%), Selenium: 62.82µg (89.75%), Vitamin A: 4398.83IU (87.98%), Zinc: 11.07mg (73.8%), Vitamin B6: 1.22mg (61.11%), Phosphorus: 498.67mg (49.87%), Vitamin B3: 9.94mg (49.71%), Iron: 8.38mg (46.57%), Vitamin E: 5.67mg (37.81%), Potassium: 1118.63mg (31.96%), Vitamin B2: 0.53mg (31.15%), Manganese: 0.56mg (28.2%), Fiber: 6.16g (24.64%), Magnesium: 81.05mg (20.26%), Copper: 0.37mg (18.71%), Vitamin B1: 0.28mg (18.51%), Vitamin K: 18.11µg (17.25%), Calcium: 110.39mg (11.04%), Vitamin B5: 1.05mg (10.55%), Folate: 20.18µg (5.04%)