

health-score 81%

HEALTH SCORE

Brian's Garlicky Prime Rib

 Dairy Free  Very Healthy

READY IN

ready

275 min.

SERVINGS

servings

1

CALORIES

calories

7705 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1.5 teaspoons add carrot and onion to bacon fat . cook
- ☐ 1 envelope onion soup mix dry
- ☐ 2 cloves garlic cut into slivers
- ☐ 1 serving salt and ground pepper black to taste
- ☐ 0.3 teaspoon hot sauce
- ☐ 2 tablespoons maple syrup
- ☐ 1 tablespoon ground mustard
- ☐ 0.3 cup olive oil

- ☐ 5 pound prime rib roast
- ☐ 3 tablespoons soya sauce
- ☐ 1.5 teaspoons worcestershire sauce
- ☐ 1 cup amber dark

Equipment

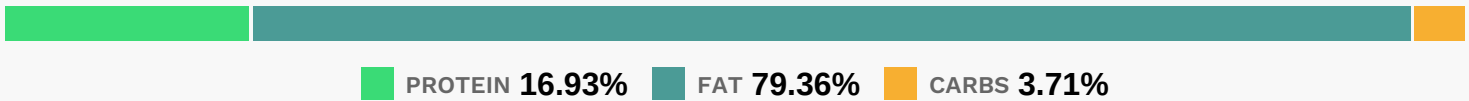
- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ roasting pan
- ☐ kitchen thermometer
- ☐ aluminum foil
- ☐ ziploc bags

Directions

- ☐ To make marinade, mix the onion soup, 4 minced cloves of garlic, soy sauce, maple syrup, Worcestershire sauce, bacon drippings, mustard powder, and hot sauce together in a bowl; stir in the amber beer.
- ☐ Cut small slits into the prime rib roast and push slivers of garlic into the slits until slivers are not visible.
- ☐ Place the roast into a large resealable plastic bag, pour in the marinade, and refrigerate for 1 hour.
- ☐ Remove from refrigerator and allow roast to marinate in the bag at room temperature for an additional hour.
- ☐ Preheat oven to 400 degrees F (200 degrees C).
- ☐ Place a rack into a roasting pan.
- ☐ Remove roast from the marinade and place onto the rack in the roasting pan.
- ☐ Pour the marinade all over the roast, and allow to drip into the pan. Rub the olive oil thoroughly over the roast, season with salt and black pepper, and place a large sheet of aluminum foil over the meat. Seal the aluminum foil to the edges of the roasting pan.

- ☐
- Bake the roast for 1 hour.
- ☐
- Remove the aluminum foil, and baste the meat with the pan juices. Return the uncovered pan to the oven and continue roasting until the meat is browned and an instant-read meat thermometer inserted into the thickest part, not touching bone, reads 130 to 135 degrees F (54 to 57 degrees C) for medium-rare, about 1 more hour.
- ☐
- Remove the roast from the oven, cover with a tent of aluminum foil, and allow to rest for 20 to 30 minutes before carving. As the meat rests, temperature will rise about 10 degrees to 140 to 145 degrees F (60 to 65 degrees C).

Nutrition Facts



Properties

Glycemic Index:154, Glycemic Load:14.19, Inflammation Score:-8, Nutrition Score:65.671304428059%

Flavonoids

Catechin: 0.9mg, Catechin: 0.9mg, Catechin: 0.9mg, Catechin: 0.9mg Epicatechin: 0.19mg, Epicatechin: 0.19mg, Epicatechin: 0.19mg, Epicatechin: 0.19mg Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Kaempferol: 1.93mg, Kaempferol: 1.93mg, Kaempferol: 1.93mg Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg Quercetin: 0.15mg, Quercetin: 0.15mg, Quercetin: 0.15mg, Quercetin: 0.15mg Gallocatechin: 0.19mg, Gallocatechin: 0.19mg, Gallocatechin: 0.19mg, Gallocatechin: 0.19mg

Nutrients (% of daily need)

Calories: 7705.11kcal (385.26%), Fat: 665.88g (1024.44%), Saturated Fat: 261.83g (1636.46%), Carbohydrates: 70.13g (23.38%), Net Carbohydrates: 66.05g (24.02%), Sugar: 28.19g (31.33%), Cholesterol: 1377.36mg (459.12%), Sodium: 7407.04mg (322.05%), Alcohol: 9.2g (100%), Alcohol %: 0.49% (100%), Protein: 319.65g (639.29%), Vitamin B12: 52.63µg (877.13%), Selenium: 413.67µg (590.96%), Zinc: 70.09mg (467.25%), Vitamin B6: 6.46mg (322.96%), Phosphorus: 3156.18mg (315.62%), Vitamin B3: 56.8mg (283.98%), Iron: 35.8mg (198.91%), Vitamin B2: 3.27mg (192.52%), Potassium: 5718.01mg (163.37%), Vitamin B1: 1.78mg (118.72%), Magnesium: 401.77mg (100.44%), Manganese: 1.97mg (98.44%), Copper: 1.39mg (69.73%), Vitamin B5: 6.45mg (64.52%), Vitamin E: 8.23mg (54.89%), Calcium: 332.67mg (33.27%), Folate: 131.45µg (32.86%), Vitamin K: 33.83µg (32.21%), Fiber: 4.08g (16.32%), Vitamin C: 5.65mg (6.84%)