



 71%
HEALTH SCORE

Cajun Prime Rib Roast

 **Gluten Free**  **Dairy Free**  **Very Healthy**

READY IN



185 min.

SERVINGS



3

CALORIES



1858 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 tablespoons cajun seasoning blend (such as Tony Chachere's®)
- 2 teaspoons garlic powder
- 16 ounce mushrooms sliced
- 3 tablespoons pepper sauce hot
- 4 pound prime rib roast boneless

Equipment

- frying pan
- oven

- roasting pan
- aluminum foil

Directions

- Preheat an oven to 500 degrees F (260 degrees C).
- Place the prime rib into a roasting pan, and rub all over the outside with the hot pepper sauce. Evenly sprinkle with garlic powder and Cajun seasoning.
- Roast, uncovered, in the preheated oven for 20 minutes, then reduce heat to 350 degrees F (175 degrees C), and continue roasting to your desired degree of doneness, or an internal temperature of 145 degrees F (65 degrees C) for medium, about 2 hours.
- Remove from the oven, cover with a doubled sheet of aluminum foil, and allow to rest in a warm area 30 minutes before slicing.
- While the roast is resting, scrape the drippings from the roasting pan into a skillet.
- Place the skillet over medium heat, and stir in the sliced mushrooms. Cook and stir until the mushrooms have softened and begun to release their liquid.
- Serve alongside the sliced prime rib.

Nutrition Facts

 PROTEIN 19.02%  FAT 79%  CARBS 1.98%

Properties

Glycemic Index:17.33, Glycemic Load:1.29, Inflammation Score:-9, Nutrition Score:45.491738982823%

Nutrients (% of daily need)

Calories: 1857.96kcal (92.9%), Fat: 162.02g (249.26%), Saturated Fat: 67.35g (420.92%), Carbohydrates: 9.13g (3.04%), Net Carbohydrates: 5.77g (2.1%), Sugar: 3.69g (4.1%), Cholesterol: 365.78mg (121.93%), Sodium: 624.78mg (27.16%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 87.78g (175.55%), Vitamin B12: 14.08µg (234.7%), Selenium: 119.99µg (171.42%), Zinc: 19.35mg (129.01%), Vitamin B3: 19.95mg (99.74%), Vitamin B6: 1.89mg (94.28%), Phosphorus: 926.59mg (92.66%), Vitamin B2: 1.34mg (78.77%), Iron: 10.55mg (58.64%), Potassium: 1965.89mg (56.17%), Vitamin A: 2319.58IU (46.39%), Copper: 0.82mg (40.9%), Vitamin B5: 3.93mg (39.34%), Vitamin B1: 0.56mg (37.18%), Magnesium: 105.39mg (26.35%), Vitamin C: 12.97mg (15.72%), Folate: 55.11µg (13.78%), Fiber: 3.36g (13.44%), Manganese: 0.23mg (11.35%), Vitamin E: 1.4mg (9.35%), Calcium: 63.56mg (6.36%), Vitamin K: 4.07µg (3.87%), Vitamin D: 0.3µg (2.02%)