



Country Club Prime Rib



Gluten Free



Dairy Free

READY IN



140 min.

SERVINGS



8

CALORIES



850 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 teaspoons garlic powder
- ☐ 1 tablespoon coarsely ground pepper black
- ☐ 1 cup kosher salt
- ☐ 5 pounds prime rib roast

Equipment

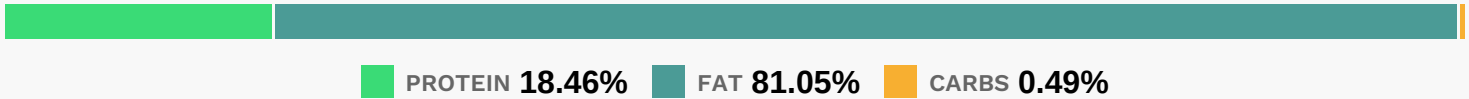
- ☐ bowl
- ☐ oven
- ☐ roasting pan

- ☐ kitchen thermometer
- ☐ aluminum foil

Directions

- ☐ Trim the prime rib roast of excess fat and any connective tissue. Lightly score the entire roast in a criss-cross pattern (about 1/8 inch deep).
- ☐ Preheat the oven to 400 degrees F (200 degrees C). In a small bowl, mix together the kosher salt, garlic powder, and black pepper. Rub the mixture into the roast until it develops a crust. Really pack it on.
- ☐ Place the roast into a roasting pan, and pour water into the bottom of the pan to 1/2 inch deep. Cover the roast with a lid or aluminum foil.
- ☐ Roast in the oven for about 1 1/2 to 2 hours, then check the internal temperature using a meat thermometer. The internal temperature should be at least 145 degrees F (63 degrees C). Hold the roast in an oven at 200 degrees F (110 degrees C) until ready to carve.
- ☐ Let stand for a few minutes before carving if not holding. Put on your silly white hat, set up the buffet carving station, and watch the hungry people line up!

Nutrition Facts



Properties

Glycemic Index:4.63, Glycemic Load:0.12, Inflammation Score:-1, Nutrition Score:19.638695532618%

Nutrients (% of daily need)

Calories: 849.75kcal (42.49%), Fat: 75.42g (116.04%), Saturated Fat: 31.49g (196.84%), Carbohydrates: 1.03g (0.34%), Net Carbohydrates: 0.77g (0.28%), Sugar: 0.02g (0.03%), Cholesterol: 171.46mg (57.15%), Sodium: 14273.48mg (620.59%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 38.66g (77.32%), Vitamin B12: 6.57µg (109.54%), Selenium: 49.55µg (70.78%), Zinc: 8.64mg (57.6%), Vitamin B6: 0.75mg (37.64%), Phosphorus: 366.26mg (36.63%), Vitamin B3: 6.56mg (32.82%), Iron: 4.28mg (23.8%), Potassium: 648.13mg (18.52%), Vitamin B2: 0.31mg (18.35%), Vitamin B1: 0.19mg (12.97%), Magnesium: 40.33mg (10.08%), Manganese: 0.17mg (8.28%), Copper: 0.16mg (8.03%), Vitamin B5: 0.73mg (7.3%), Calcium: 34.11mg (3.41%), Folate: 12.39µg (3.1%), Vitamin K: 1.23µg (1.17%), Fiber: 0.26g (1.03%)