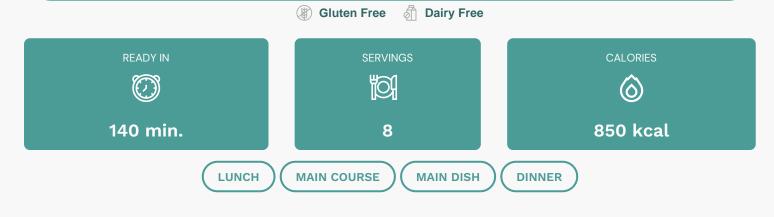


# **Country Club Prime Rib**



## Ingredients

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

### **Equipment**

 Jan. 19
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 11/2 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			
	PROTEIN 18.46%		

#### **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: Og (100%), Alcohol %: O% (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%)