



Garlic & Herb-Crusted Prime Rib

 **Gluten Free**  **Dairy Free**

READY IN



205 min.

SERVINGS



25

CALORIES



309 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.8 cup classic caesar dressing divided kraft
- 1 Tbsp rosemary fresh chopped
- 1 Tbsp thyme leaves fresh chopped
- 2 cloves garlic minced
- 5 lb beef prime rib roast

Equipment

- oven
- roasting pan

aluminum foil

Directions

- Pour 1/2 cup dressing over meat in large shallow glass dish. Refrigerate 1 hour to marinate.
- Heat oven to 325F.
- Remove meat from marinade; discard marinade.
- Place meat, bone-side down, in roasting pan.
- Bake 1 hour 45 min. Meanwhile, mix remaining dressing, herbs and garlic.
- Brush meat with dressing mixture.
- Bake 20 to 30 min. or until meat is medium-rare doneness (145F).
- Remove from oven. Cover with foil; let stand 15 min. before slicing.

Nutrition Facts

PROTEIN 16.36% **FAT 83.12%** **CARBS 0.52%**

Properties

Glycemic Index:3, Glycemic Load:0.04, Inflammation Score:-3, Nutrition Score:6.8052173472293%

Flavonoids

Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg

Nutrients (% of daily need)

Calories: 309.46kcal (15.47%), Fat: 28.21g (43.4%), Saturated Fat: 10.7g (66.86%), Carbohydrates: 0.39g (0.13%), Net Carbohydrates: 0.31g (0.11%), Sugar: 0.2g (0.22%), Cholesterol: 57.62mg (19.21%), Sodium: 125.78mg (5.47%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 12.49g (24.99%), Vitamin B12: 2.11µg (35.09%), Selenium: 15.92µg (22.74%), Zinc: 2.76mg (18.4%), Vitamin B6: 0.24mg (12.11%), Phosphorus: 117.88mg (11.79%), Vitamin B3: 2.11mg (10.53%), Iron: 1.43mg (7.94%), Vitamin K: 7.41µg (7.05%), Vitamin B2: 0.1mg (5.97%), Potassium: 205.58mg (5.87%), Vitamin B1: 0.06mg (4.15%), Magnesium: 12.9mg (3.23%), Vitamin B5: 0.24mg (2.38%), Copper: 0.05mg (2.33%), Vitamin E: 0.33mg (2.23%), Calcium: 12.03mg (1.2%), Folate: 4.16µg (1.04%), Manganese: 0.02mg (1.03%)