



 **71%**
HEALTH SCORE

Garlic Prime Rib

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

READY IN



100 min.

SERVINGS



3

CALORIES



4611 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 teaspoons thyme leaves dried
- 10 cloves garlic minced
- 2 teaspoons ground pepper black
- 2 tablespoons olive oil
- 10 pound prime rib roast
- 2 teaspoons salt

Equipment

- bowl

- oven
- roasting pan

Directions

- Place the roast in a roasting pan with the fatty side up. In a small bowl, mix together the garlic, olive oil, salt, pepper and thyme.
- Spread the mixture over the fatty layer of the roast, and let the roast sit out until it is at room temperature, no longer than 1 hour.
- Preheat the oven to 500 degrees F (260 degrees C).
- Bake the roast for 20 minutes in the preheated oven, then reduce the temperature to 325 degrees F (165 degrees C), and continue roasting for an additional 60 to 75 minutes. The internal temperature of the roast should be at 135 degrees F (57 degrees C) for medium rare.
- Allow the roast to rest for 10 or 15 minutes before carving so the meat can retain its juices.

Nutrition Facts

PROTEIN 18.12% **FAT 81.48%** **CARBS 0.4%**

Properties

Glycemic Index:20.67, Glycemic Load:1.09, Inflammation Score:-6, Nutrition Score:51.70347815752%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg Quercetin: 0.17mg, Quercetin: 0.17mg, Quercetin: 0.17mg, Quercetin: 0.17mg

Nutrients (% of daily need)

Calories: 4611.3kcal (230.57%), Fat: 411.58g (633.2%), Saturated Fat: 169.24g (1057.72%), Carbohydrates: 4.59g (1.53%), Net Carbohydrates: 3.79g (1.38%), Sugar: 0.12g (0.13%), Cholesterol: 914.44mg (304.81%), Sodium: 2225.97mg (96.78%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 205.95g (411.9%), Vitamin B12: 35.05µg (584.23%), Selenium: 264.42µg (377.75%), Zinc: 45.9mg (305.99%), Vitamin B6: 4.07mg (203.44%), Phosphorus: 1949.24mg (194.92%), Vitamin B3: 35.04mg (175.22%), Iron: 22.78mg (126.56%), Vitamin B2: 1.67mg (98.07%), Potassium: 3403.91mg (97.25%), Vitamin B1: 1.04mg (69.39%), Magnesium: 209.5mg (52.37%), Copper: 0.78mg (38.93%), Vitamin B5: 3.89mg (38.88%), Manganese: 0.53mg (26.67%), Vitamin K: 19.4µg (18.48%), Folate: 65.86µg (16.46%), Calcium: 151.97mg (15.2%), Vitamin E: 1.42mg (9.44%), Vitamin C: 3.45mg (4.19%), Fiber: 0.79g (3.18%)