



Grilled Prime Aged Sirloin with Garlic-Scallion Potato Cakes and Béarnaise Sauce

 Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



1178 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 4 garlic clove minced
- 6 servings sauce
- 2 tablespoons olive oil
- 2 tablespoons pepper freshly ground
- 5 pound prime rib roast
- 1 tablespoon salt

Equipment

- grill
- kitchen thermometer

Directions

- Prepare a hot fire by piling charcoal on one side of grill.
- Place food rack on grill.
- Let burn 15 to 20 minutes.
- Score top of roast 1/2 inch deep in a diamond design.
- Combine garlic and next 3 ingredients, and rub evenly over roast.
- Grill roast over fire, covered with lid, 10 to 15 minutes on each side or until well seared.
- Remove from direct heat.
- Place over empty side, and grill, covered with lid, 10 to 20 minutes or until meat thermometer inserted into the thickest portion registers 145 (medium-rare) or to desired degree of doneness.
- Serve with Garlic-Scallion Potato Cakes and Barnaise Sauce.

Nutrition Facts

PROTEIN 17.76% **FAT 81.48%** **CARBS 0.76%**

Properties

Glycemic Index:10.33, Glycemic Load:0.43, Inflammation Score:-1, Nutrition Score:25.446087172498%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 1177.65kcal (58.88%), Fat: 105.27g (161.95%), Saturated Fat: 42.65g (266.56%), Carbohydrates: 2.22g (0.74%), Net Carbohydrates: 1.68g (0.61%), Sugar: 0.26g (0.29%), Cholesterol: 228.61mg (76.2%), Sodium: 1343.86mg (58.43%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 51.62g (103.25%), Vitamin B12: 8.76µg (146.06%), Selenium: 66.11µg (94.44%), Zinc: 11.48mg (76.54%), Vitamin B6: 1.01mg (50.75%), Phosphorus: 488.84mg (48.88%), Vitamin B3: 8.77mg (43.84%), Iron: 5.66mg (31.46%), Potassium: 869.95mg (24.86%), Vitamin B2: 0.42mg (24.62%), Vitamin B1: 0.26mg (17.34%), Manganese: 0.33mg (16.32%), Magnesium: 54.75mg (13.69%),

Copper: 0.21mg (10.72%), Vitamin B5: 0.99mg (9.92%), Vitamin K: 6.12µg (5.83%), Vitamin E: 0.69mg (4.63%), Calcium: 41.82mg (4.18%), Folate: 16.28µg (4.07%), Fiber: 0.55g (2.19%)