



## Herb And Garlic Crusted Beef Rib Roast

 Gluten Free  Dairy Free

READY IN



180 min.

SERVINGS



8

CALORIES



679 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 4 lb prime rib roast
- 2 teaspoons basil dried
- 2 teaspoons thyme leaves dried
- 1 teaspoon coarse salt (kosher or sea)
- 1 teaspoon garlic powder
- 0.3 teaspoon pepper black

### Equipment

- bowl

- frying pan
- oven
- roasting pan
- kitchen thermometer
- aluminum foil

## Directions

- Heat oven to 350°F. For easy cleanup, line shallow roasting pan with foil.
- Place beef, fat side up, in pan. In small bowl, mix basil, thyme, salt, garlic powder and pepper; sprinkle and press onto all surfaces of roast. Insert ovenproof meat thermometer so tip is in thickest part of beef and does not rest in fat or touch bone. (Do not add water to pan.)
- For medium-rare, roast uncovered 1 hour 45 minutes to 2 hours 15 minutes or until thermometer reads 135°F. (Temperature will continue to rise about 10°F, and beef will be easier to carve.) Cover beef loosely with foil; let stand 15 to 20 minutes until thermometer reads 145°F. For medium, roast 2 hours 15 minutes to 2 hours 45 minutes or until thermometer reads 150°F. Cover beef loosely with foil; let stand 15 to 20 minutes or until thermometer reads 160°F.
- Remove beef from pan onto carving board; carve beef.
- Serve with pan drippings if desired.

## Nutrition Facts

**PROTEIN 18.49%** **FAT 81.18%** **CARBS 0.33%**

## Properties

Glycemic Index:10.25, Glycemic Load:0.04, Inflammation Score:-4, Nutrition Score:16.132173800598%

## Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg

## Nutrients (% of daily need)

Calories: 678.79kcal (33.94%), Fat: 60.34g (92.83%), Saturated Fat: 25.19g (157.47%), Carbohydrates: 0.55g (0.18%), Net Carbohydrates: 0.34g (0.12%), Sugar: 0.01g (0.02%), Cholesterol: 137.17mg (45.72%), Sodium: 392.13mg (17.05%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 30.92g (61.84%), Vitamin B12: 5.26µg

(87.63%), Selenium: 39.54µg (56.48%), Zinc: 6.9mg (45.99%), Vitamin B6: 0.6mg (30.1%), Phosphorus: 292.44mg (29.24%), Vitamin B3: 5.26mg (26.32%), Iron: 3.58mg (19.89%), Vitamin B2: 0.25mg (14.92%), Potassium: 516.02mg (14.74%), Vitamin B1: 0.15mg (10.3%), Magnesium: 33.46mg (8.37%), Copper: 0.12mg (5.98%), Vitamin B5: 0.58mg (5.79%), Vitamin K: 4.39µg (4.18%), Manganese: 0.07mg (3.32%), Folate: 10.71µg (2.68%), Calcium: 25.52mg (2.55%)