



Herb-Crusted Prime Rib

 Dairy Free

READY IN



160 min.

SERVINGS



40

CALORIES



140 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.3 cup bread crumbs dry
- 1 Tbsp rosemary fresh finely chopped
- 1 Tbsp thyme leaves fresh finely chopped
- 0.3 cup a.1. original sauce
- 4 lb beef prime rib roast

Equipment

- oven
- roasting pan

aluminum foil

Directions

- Preheat oven to 350F.
- Brush roast with steak sauce.
- Mix bread crumbs, rosemary and thyme; sprinkle evenly onto roast, then press gently into roast.
- Place, fat side up, on rack in shallow roasting pan; tent with foil.
- Bake 1-1/2 hours; remove foil.
- Bake an additional 30 minutes for medium-rare doneness (140F) or an additional 45 minutes for medium doneness (155F).
- Remove roast from oven; tent with foil.
- Let stand 15 minutes before slicing to serve.

Nutrition Facts

 **PROTEIN 18.19%**  **FAT 79.04%**  **CARBS 2.77%**

Properties

Glycemic Index:1.13, Glycemic Load:0.01, Inflammation Score:-2, Nutrition Score:3.2626086884867%

Flavonoids

Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg

Nutrients (% of daily need)

Calories: 139.96kcal (7%), Fat: 12.11g (18.62%), Saturated Fat: 5.05g (31.54%), Carbohydrates: 0.96g (0.32%), Net Carbohydrates: 0.89g (0.33%), Sugar: 0.38g (0.43%), Cholesterol: 27.43mg (9.14%), Sodium: 42.91mg (1.87%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.27g (12.54%), Vitamin B12: 1.05µg (17.57%), Selenium: 8.06µg (11.51%), Zinc: 1.38mg (9.23%), Vitamin B6: 0.12mg (5.98%), Phosphorus: 59.24mg (5.92%), Vitamin B3: 1.1mg (5.48%), Iron: 0.71mg (3.96%), Vitamin B2: 0.05mg (3.13%), Potassium: 102.88mg (2.94%), Vitamin B1: 0.04mg (2.47%), Magnesium: 6.71mg (1.68%), Copper: 0.02mg (1.23%), Vitamin B5: 0.12mg (1.19%)