



## Herb Crusted Prime Rib Roast

 **Gluten Free**  **Dairy Free**  **Low Fod Map**

READY IN



175 min.

SERVINGS



24

CALORIES



589 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 0.5 cup parsley leaves fresh chopped
- 0.5 cup rosemary leaves fresh chopped
- 0.5 cup tarragon leaves fresh chopped
- 0.3 cup thyme leaves fresh chopped
- 0.3 cup grapeseed oil
- 1.5 tablespoons ground pepper
- 10 pound prime rib roast at room temperature
- 2 tablespoons salt

## Equipment

- bowl
- frying pan
- oven
- whisk

## Directions

- Preheat the oven to 325 degrees F.
- To prepare rib roast, remove the excess fat from the bottom of the roast, and then trim the layer of fat from the top rounded side. Save the trimmed fat.
- In a bowl, mix all the herbs well, and then add the salt and pepper and mix again. Next, add the oil, whisk to mix, and then apply to the exterior of the roast evenly on all sides. Top with the reserved trimmed fat. Roast until the internal temperature reaches 120 degrees F for medium-rare, about 2 1/2 hours. Then allow to rest for 10 minutes before carving.
- Serve with the pan drippings or sauce if preferred.

## Nutrition Facts

 **PROTEIN 17.86%**  **FAT 81.4%**  **CARBS 0.74%**

## Properties

Glycemic Index:9.71, Glycemic Load:0.4, Inflammation Score:-6, Nutrition Score:15.330434736998%

## Flavonoids

Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg Apigenin: 2.71mg, Apigenin: 2.71mg, Apigenin: 2.71mg, Apigenin: 2.71mg Luteolin: 0.24mg, Luteolin: 0.24mg, Luteolin: 0.24mg, Luteolin: 0.24mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.19mg, Myricetin: 0.19mg, Myricetin: 0.19mg, Myricetin: 0.19mg

## Nutrients (% of daily need)

Calories: 589.4kcal (29.47%), Fat: 52.67g (81.04%), Saturated Fat: 21.25g (132.82%), Carbohydrates: 1.08g (0.36%), Net Carbohydrates: 0.72g (0.26%), Sugar: 0.01g (0.01%), Cholesterol: 114.31mg (38.1%), Sodium: 667.13mg (29.01%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 26g (52%), Vitamin B12: 4.38µg (73.03%), Selenium: 32.93µg (47.04%), Zinc: 5.79mg (38.6%), Vitamin B6: 0.52mg (26.17%), Phosphorus: 246.82mg (24.68%), Vitamin B3: 4.5mg

(22.48%), Vitamin K: 21.11µg (20.11%), Iron: 3.28mg (18.22%), Potassium: 468.26mg (13.38%), Vitamin B2: 0.23mg (13.27%), Vitamin B1: 0.13mg (8.77%), Manganese: 0.17mg (8.34%), Magnesium: 31.63mg (7.91%), Copper: 0.11mg (5.46%), Vitamin B5: 0.49mg (4.93%), Vitamin E: 0.67mg (4.45%), Vitamin A: 190.69IU (3.81%), Vitamin C: 3.07mg (3.72%), Folate: 13.64µg (3.41%), Calcium: 33.82mg (3.38%), Fiber: 0.36g (1.44%)