



Herb Salt Crusted Prime Rib

 Dairy Free  Low Fod Map

READY IN

ready

80 min.

SERVINGS

servings

4

CALORIES

calories

1246 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 14 ounce beef broth low-sodium canned
- ☐ 2 large egg whites
- ☐ 3 pound kosher salt
- ☐ 1 packet onion soup mix
- ☐ 1 tablespoon seasoned pepper salt free
- ☐ 2 packets dressing mix italian
- ☐ 3.5 pounds beef rib roast
- ☐ 0.5 cup water

☐ 0.3 cup worcestershire sauce

Equipment

☐ bowl

☐ sauce pan

☐ ladle

☐ oven

☐ roasting pan

☐ kitchen thermometer

☐ aluminum foil

Directions

☐ Preheat the oven to 500 degrees F. Line a roasting pan with aluminum foil.

☐ Rinse the roast, pat it dry, and bring it to room temperature.

☐ Sprinkle with the Worcestershire sauce and seasoned pepper.

☐ In a bowl add the kosher salt, Italian dressing mix, and egg whites and stir to combine.

☐ Sprinkle water over the top of the salt mixture until it is well-moistened, but not wet.

☐ Place a 1/2-inch layer of the salt mixture in the middle of the roasting pan, slightly larger than the diameter of the roast.

☐ Place the roast, fat side up, on top of the salt. Insert a meat thermometer into the center of the roast. Carefully pack the remaining salt mixture onto the meat, covering it completely.

☐ Place the roast in the oven and reduce the temperature to 425 degrees F. Roast for 14 to 16 minutes per pound, or until the thermometer reads 5 degrees F less than desired temperature. Final temperature for rare will be 130 degrees F; 135 degrees F for medium rare; 140 degrees F for medium.

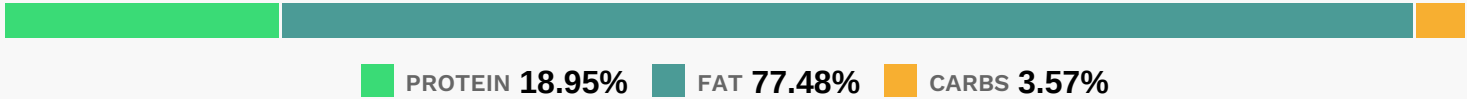
☐ Remove the roast from the oven and let it rest for 5 minutes.

☐ For jus, in a small saucepan over medium heat, add the beef broth and bring it to a boil. Reduce the heat, add the soup mix, and simmer for 5 minutes.

☐ Remove from the heat.

- ☐
- Remove the salt crust from the roast by breaking it and peeling it away. (You will probably need a hammer to do this.) Slice the meat to desired thickness and transfer slices to a platter. Ladle a small amount of jus over the top of the meat; serve remainder of jus on the side.
- ☐
- Cook's note: Have your butcher remove the ribs from the roast.

Nutrition Facts



Properties

Glycemic Index:8, Glycemic Load:0.19, Inflammation Score:-1, Nutrition Score:29.904347776071%

Nutrients (% of daily need)

Calories: 1245.82kcal (62.29%), Fat: 105.77g (162.72%), Saturated Fat: 44.12g (275.74%), Carbohydrates: 10.95g (3.65%), Net Carbohydrates: 9.91g (3.6%), Sugar: 2.36g (2.63%), Cholesterol: 240.04mg (80.01%), Sodium: 133271.78mg (5794.43%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 58.2g (116.41%), Vitamin B12: 9.22µg (153.61%), Selenium: 73.32µg (104.74%), Zinc: 12.51mg (83.42%), Vitamin B6: 1.1mg (54.86%), Phosphorus: 543.09mg (54.31%), Vitamin B3: 9.47mg (47.35%), Iron: 7.99mg (44.37%), Potassium: 1359.33mg (38.84%), Vitamin B2: 0.56mg (32.84%), Manganese: 0.64mg (31.83%), Vitamin B1: 0.31mg (20.6%), Copper: 0.39mg (19.52%), Magnesium: 69.68mg (17.42%), Calcium: 153.09mg (15.31%), Vitamin B5: 1.14mg (11.38%), Folate: 18.96µg (4.74%), Fiber: 1.04g (4.16%), Vitamin C: 2.58mg (3.12%), Vitamin K: 3.05µg (2.9%)