



Herbed Rib Roast

 Gluten Free  Dairy Free

READY IN



130 min.

SERVINGS



10

CALORIES



379 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 4 pounds beef rib steak
- 2 garlic clove thinly sliced
- 1 teaspoon salt
- 0.5 teaspoon pepper
- 0.5 teaspoon basil dried
- 0.5 teaspoon parsley dried
- 0.5 teaspoon marjoram dried

Equipment

- oven
- roasting pan
- kitchen thermometer
- kitchen twine

Directions

- Cut 15–20 slits in beef roast; insert garlic. Tie the roast at 1–1/2-in. to 2-in. intervals with kitchen string.
- Combine salt, pepper, basil, parsley and marjoram; rub over roast.
- Place fat side up on a rack in a roasting pan.
- Bake, uncovered, at 325° for 2 to 2–1/2 hours or until meat reaches the desired doneness (for medium–rare, a thermometer should read 135°; medium, 140°; medium–well, 145°).
- Let stand 15 minutes before slicing.

Nutrition Facts

PROTEIN 38.65% **FAT 61.04%** **CARBS 0.31%**

Properties

Glycemic Index:6.2, Glycemic Load:0.07, Inflammation Score:-2, Nutrition Score:16.462608674622%

Flavonoids

Apigenin: 0.23mg, Apigenin: 0.23mg, Apigenin: 0.23mg, Apigenin: 0.23mg Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 378.68kcal (18.93%), Fat: 25.66g (39.48%), Saturated Fat: 11.42g (71.35%), Carbohydrates: 0.29g (0.1%), Net Carbohydrates: 0.23g (0.08%), Sugar: 0.01g (0.01%), Cholesterol: 110.68mg (36.89%), Sodium: 327.08mg (14.22%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 36.57g (73.13%), Selenium: 44.36µg (63.38%), Zinc: 9.32mg (62.14%), Vitamin B12: 3.01µg (50.2%), Vitamin B3: 8.89mg (44.46%), Vitamin B6: 0.73mg (36.62%), Phosphorus: 262.52mg (26.25%), Vitamin B2: 0.44mg (25.6%), Iron: 3.19mg (17.74%), Potassium: 491.56mg (14.04%), Vitamin B1: 0.16mg (10.74%), Magnesium: 38.82mg (9.71%), Copper: 0.15mg (7.3%), Vitamin K: 3.85µg (3.67%), Calcium: 15.65mg (1.57%), Manganese: 0.03mg (1.45%), Folate: 5.66µg (1.41%), Vitamin D: 0.18µg (1.21%)