



Holiday Beef Roast

 Gluten Free  Dairy Free

READY IN



205 min.

SERVINGS



25

CALORIES



391 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1 Tbsp pepper black
- 0.3 cup honey mustard dressing kraft
- 0.3 cup horseradish prepared kraft
- 1 cup 1 cup kraft zesty italian dressing italian kraft
- 1.5 cups real mayo mayonnaise divided kraft
- 5 lb beef prime rib roast
- 0.5 tsp thyme leaves dried

Equipment

- bowl
- frying pan
- oven
- aluminum foil

Directions

- Place meat in large glass dish; sprinkle with pepper.
- Pour Italian dressing over meat. Refrigerate 15 min. to marinate, turning occasionally.
- Heat oven to 325F.
- Remove meat from marinade; discard marinade.
- Place meat, fat-side up, in shallow pan.
- Bake 2 to 2-1/2 hours or until 150F, basting occasionally with pan juices.
- Remove from oven. Cover with foil; let stand 15 to 20 min. or until medium doneness (160F).
- Meanwhile, mix 1 cup mayo and horseradish in serving bowl.
- Mix remaining mayo, honey-mustard dressing and thyme in separate serving bowl. Slice meat.
- Serve with the sauces.

Nutrition Facts

■ PROTEIN **12.97%** ■ FAT **84.3%** ■ CARBS **2.73%**

Properties

Glycemic Index:6.48, Glycemic Load:0.14, Inflammation Score:-1, Nutrition Score:7.9426087698211%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg

Nutrients (% of daily need)

Calories: 391.23kcal (19.56%), Fat: 36.19g (55.67%), Saturated Fat: 11.93g (74.56%), Carbohydrates: 2.64g (0.88%), Net Carbohydrates: 2.5g (0.91%), Sugar: 1.78g (1.98%), Cholesterol: 60.51mg (20.17%), Sodium: 241.65mg (10.51%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 12.53g (25.06%), Vitamin B12: 2.12µg (35.32%), Vitamin K: 27.6µg (26.28%), Selenium: 16.35µg (23.36%), Zinc: 2.79mg (18.62%), Vitamin B6: 0.25mg (12.29%), Phosphorus: 121.2mg (12.12%), Vitamin B3: 2.12mg (10.6%), Iron: 1.38mg (7.69%), Potassium: 220.19mg (6.29%), Vitamin B2: 0.1mg

(6.04%), Vitamin E: 0.65mg (4.33%), Vitamin B1: 0.06mg (4.31%), Magnesium: 13.88mg (3.47%), Copper: 0.05mg (2.62%), Vitamin B5: 0.26mg (2.57%), Manganese: 0.05mg (2.31%), Folate: 5.9µg (1.47%), Calcium: 11.63mg (1.16%)