



HEALTH SCORE

77%

Kim's Prime Rib



Gluten Free



Dairy Free



Very Healthy

READY IN



140 min.

SERVINGS



5

CALORIES



469 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 tablespoon browning sauce
- ☐ 5 pounds roast
- ☐ 0.5 teaspoon garlic powder
- ☐ 5 servings onion salt
- ☐ 0.3 cup soya sauce
- ☐ 1.5 cups water
- ☐ 0.3 cup worcestershire sauce

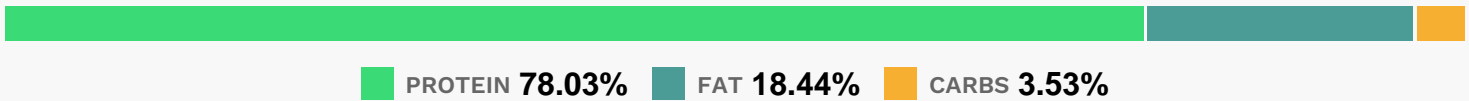
Equipment

- ☐ bowl
- ☐ oven
- ☐ knife
- ☐ roasting pan
- ☐ baster

Directions

- ☐ Preheat oven to 450 degrees F (230 degrees C).
- ☐ In a medium bowl, combine the soy sauce, Worcestershire sauce, garlic powder, onion salt, browning sauce and water.
- ☐ Place roast in a roasting pan ribs side down and poke deep holes in the roast with a knife.
- ☐ Pour the marinade over the roast. Using a baster, squirt marinade into the holes you created with the knife and over the entire roast a few times.
- ☐ Bake for 40 to 45 minutes for a smaller roast so that it does not dry out.)
- ☐ Remove roast from oven and reduce temperature in the oven to 200 degrees F (95 degrees C).
- ☐ When oven has reached 200 degrees F (95 degrees C), return roast to oven and continue cooking for 18 to 22 minutes per pound, or until internal temperature reaches 145 degrees F (65 degrees C).

Nutrition Facts



Properties

Glycemic Index:4, Glycemic Load:0.09, Inflammation Score:-6, Nutrition Score:41.070000191098%

Nutrients (% of daily need)

Calories: 469.06kcal (23.45%), Fat: 9.54g (14.68%), Saturated Fat: 3.76g (23.49%), Carbohydrates: 4.1g (1.37%), Net Carbohydrates: 3.98g (1.45%), Sugar: 2.18g (2.42%), Cholesterol: 0mg (0%), Sodium: 1225.29mg (53.27%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 90.81g (181.62%), Vitamin B6: 4.08mg (203.94%), Vitamin B3: 30.63mg (153.15%), Vitamin B12: 8.03µg (133.81%), Zinc: 18.96mg (126.41%), Selenium: 71.9µg (102.72%), Phosphorus: 999.8mg (99.98%), Vitamin B2: 1.26mg (74.15%), Iron: 11.32mg (62.89%), Potassium: 1802.9mg (51.51%), Vitamin B1: 0.74mg

(49.27%), Copper: 0.71mg (35.47%), Magnesium: 116.24mg (29.06%), Vitamin B5: 2.9mg (29.03%), Manganese: 0.11mg (5.56%), Calcium: 37.66mg (3.77%), Vitamin C: 1.79mg (2.17%)