

Kosher Salt Encrusted Prime Rib Roast

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

READY IN



280 min.

SERVINGS



8

CALORIES



678 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 cups kosher salt
- 1 tablespoon pepper black
- 4 pounds prime rib roast
- 1 tablespoon lawry's seasoned salt

Equipment

- oven
- roasting pan

Directions

- Preheat oven to 210 degrees F (100 degrees C).
- Cover the bottom of a roasting pan with a layer of kosher salt.
- Place the roast, bone side down, on the salt. Season the meat with the ground black pepper and seasoning salt, then cover completely with kosher salt.
- Roast in preheated oven for 4 to 5 hours, or until the internal temperature of the meat reaches 145 degrees F (63 degrees C).
- Remove from oven and let rest for 30 minutes. This sets the juices and makes the roast easier to carve. (Note: Be sure to remove all the salt from the roast before serving.)

Nutrition Facts

 **PROTEIN 18.46%**  **FAT 81.25%**  **CARBS 0.29%**

Properties

Glycemic Index:4, Glycemic Load:0.09, Inflammation Score:-1, Nutrition Score:16.247825923335%

Nutrients (% of daily need)

Calories: 678.19kcal (33.91%), Fat: 60.34g (92.83%), Saturated Fat: 25.2g (157.47%), Carbohydrates: 0.48g (0.16%), Net Carbohydrates: 0.29g (0.11%), Sugar: 0g (0.01%), Cholesterol: 137.17mg (45.72%), Sodium: 29266.51mg (1272.46%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 30.85g (61.69%), Vitamin B12: 5.26µg (87.63%), Selenium: 39.55µg (56.5%), Zinc: 6.94mg (46.28%), Vitamin B6: 0.59mg (29.64%), Phosphorus: 290.76mg (29.08%), Vitamin B3: 5.25mg (26.24%), Iron: 3.56mg (19.78%), Potassium: 517.03mg (14.77%), Vitamin B2: 0.25mg (14.65%), Vitamin B1: 0.15mg (10.21%), Manganese: 0.19mg (9.59%), Magnesium: 32.52mg (8.13%), Copper: 0.14mg (7.06%), Vitamin B5: 0.58mg (5.82%), Calcium: 38.53mg (3.85%), Folate: 9.65µg (2.41%), Vitamin K: 1.23µg (1.17%)