



## Onion-Crusted Beef Prime Rib Roast

 Gluten Free  Dairy Free

READY IN



165 min.

SERVINGS



8

CALORIES



684 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 4 lb prime rib roast boneless (prime)
- 0.5 teaspoon garlic powder
- 3 tablespoons dehydrated onion dried minced
- 1 serving pepper fresh black

### Equipment

- oven
- roasting pan
- kitchen thermometer

## Directions

- Place beef, fat side up, on rack in shallow roasting pan.
- Sprinkle all sides and underneath beef generously with garlic powder, dried onion, salt and pepper.
- Let beef stand at room temperature at least 20 minutes before roasting.
- Heat oven to 450°F. Roast beef uncovered 15 minutes.
- Reduce oven temperature to 325°F; continue to roast 1 hour to 1 hour 30 minutes or until meat thermometer inserted into center of beef reads 135°F (for medium). Temperature will rise about 5°F to 10°F after removing from oven; keep this in mind when considering cooking time and desired level of doneness.
- Let beef stand 15 to 20 minutes before slicing.

## Nutrition Facts

**PROTEIN 18.39%** **FAT 80.6%** **CARBS 1.01%**

## Properties

Glycemic Index:4.63, Glycemic Load:0.01, Inflammation Score:-1, Nutrition Score:15.946086775026%

## Nutrients (% of daily need)

Calories: 683.5kcal (34.18%), Fat: 60.33g (92.81%), Saturated Fat: 25.19g (157.42%), Carbohydrates: 1.71g (0.57%), Net Carbohydrates: 1.51g (0.55%), Sugar: 0.71g (0.78%), Cholesterol: 137.17mg (45.72%), Sodium: 101.48mg (4.41%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 30.97g (61.93%), Vitamin B12: 5.26µg (87.63%), Selenium: 39.57µg (56.53%), Zinc: 6.9mg (46%), Vitamin B6: 0.62mg (31.19%), Phosphorus: 296.05mg (29.61%), Vitamin B3: 5.26mg (26.3%), Iron: 3.28mg (18.22%), Potassium: 533.85mg (15.25%), Vitamin B2: 0.25mg (14.7%), Vitamin B1: 0.16mg (10.84%), Magnesium: 32.37mg (8.09%), Vitamin B5: 0.6mg (5.99%), Copper: 0.12mg (5.88%), Folate: 12.73µg (3.18%), Manganese: 0.05mg (2.52%), Calcium: 22.17mg (2.22%), Vitamin C: 1.41mg (1.71%)