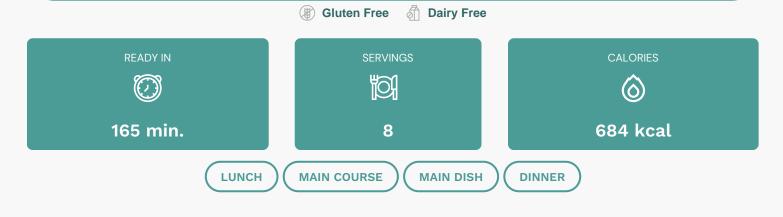


# **Onion-Crusted Beef Prime Rib Roast**



## 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. Nutrition Facts

## **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: Og (100%), Alcohol %: O% (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%)