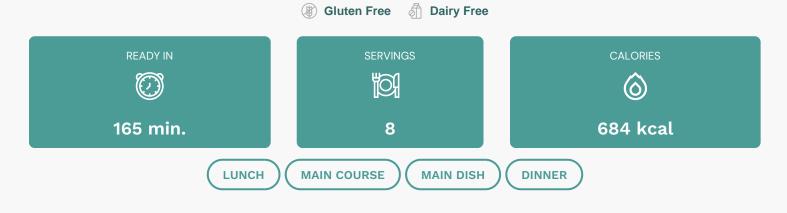


Onion-Crusted Beef Prime Rib Roast



Ingredients

Ш	3 tablespoons dehydrated onion dried minced
	0.5 teaspoon garlic powder
	8 servings pepper fresh black
	4 lb prime rib roast boneless (prime)

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 450F. Roast beef uncovered 15 minutes. Reduce oven temperature to 325F; continue to roast 1 hour to 1 hour 30 minutes or until meat thermometer inserted into center of beef reads 135F (for medium). Temperature will rise about 5F to 10F 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

Properties

Glycemic Index:4.63, Glycemic Load:0.02, Inflammation Score:-1, Nutrition Score:15.993478252674%

Nutrients (% of daily need)

Calories: 683.72kcal (34.19%), Fat: 60.33g (92.81%), Saturated Fat: 25.19g (157.43%), Carbohydrates: 1.76g (0.59%), Net Carbohydrates: 1.55g (0.56%), Sugar: 0.71g (0.79%), Cholesterol: 137.17mg (45.72%), Sodium: 101.5mg (4.41%), Alcohol: Og (100%), Alcohol %: O% (100%), Protein: 30.98g (61.95%), Vitamin B12: 5.26µg (87.63%), Selenium: 39.58µg (56.54%), Zinc: 6.9mg (46%), Vitamin B6: 0.62mg (31.2%), Phosphorus: 296.19mg (29.62%), Vitamin B3: 5.26mg (26.3%), Iron: 3.29mg (18.27%), Potassium: 535.02mg (15.29%), Vitamin B2: 0.25mg (14.7%), Vitamin B1: 0.16mg (10.85%), Magnesium: 32.52mg (8.13%), Vitamin B5: 0.6mg (6%), Copper: 0.12mg (5.94%), Folate: 12.74µg (3.19%), Manganese: 0.06mg (3.08%), Calcium: 22.56mg (2.26%), Vitamin C: 1.41mg (1.71%)

PROTEIN 18.39% FAT 80.57% CARBS 1.04%