

# 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

- 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

**PROTEIN 18.39%** **FAT 80.57%** **CARBS 1.04%**

## 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: 0g (100%), Alcohol %: 0% (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%)