



# Oven-Roasted Prime Rib with Horseradish Sauce

 **Gluten Free**

READY IN



**130 min.**

SERVINGS



**6**

CALORIES



**1543 kcal**

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- 0.5 teaspoon pepper black
- 1 tablespoon peppercorns black
- 1 tablespoons caraway seed
- 0.3 cup sea salt
- 2 tablespoons fennel seed
- 2 tablespoons sea salt
- 0.3 cup grapeseed oil

- 2 tablespoons horseradish freshly grated
- 1 Dash hot sauce
- 0.3 cup juice of lemon fresh
- 6 pounds prime with bone, remove excess fat
- 6 servings salt
- 8 ounces cup heavy whipping cream sour drained
- 2 tablespoons coriander seed whole
- 1 tablespoons worcestershire sauce

## Equipment

- bowl
- frying pan
- oven
- grill

## Directions

- Preheat oven to 325 degrees F.
- In a coffee grinder, pulse spices until well combined and slightly coarse; add sea salt. Rub prime rib thoroughly with spices, coating entirely.
- Pour oil over roast. Gently rub in. Sear prime rib in a heavy saute pan on all three sides; about 2 to 3 minutes each side.
- Place pan in oven. Cook for 1 1/2 hours until you reach an internal temperature of 135 degrees F.
- Remove from oven and place on hot grill for an additional 15 minutes to grab grill flavor and caramelize the surface of the meat.
- Remove from grill and let rest for 10 minutes before slicing.
- Serve with the Horseradish Sauce.
- In a medium sized bowl, mix together all ingredients and serve with Prime Rib.
- Place in refrigerator until ready to serve.

## Nutrition Facts

PROTEIN 16.67% FAT 80.95% CARBS 2.38%

## Properties

Glycemic Index:26.33, Glycemic Load:0.45, Inflammation Score:-4, Nutrition Score:32.925651882006%

## Flavonoids

Eriodictyol: 0.5mg, Eriodictyol: 0.5mg, Eriodictyol: 0.5mg, Eriodictyol: 0.5mg Hesperetin: 1.47mg, Hesperetin: 1.47mg, Hesperetin: 1.47mg, Hesperetin: 1.47mg Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

## Nutrients (% of daily need)

Calories: 1543.2kcal (77.16%), Fat: 137.92g (212.19%), Saturated Fat: 55.13g (344.58%), Carbohydrates: 9.13g (3.04%), Net Carbohydrates: 6.36g (2.31%), Sugar: 2.31g (2.57%), Cholesterol: 296.63mg (98.88%), Sodium: 5185.86mg (225.47%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 63.9g (127.81%), Vitamin B12: 10.6µg (176.59%), Selenium: 81.73µg (116.76%), Zinc: 14.21mg (94.77%), Phosphorus: 648.11mg (64.81%), Vitamin B6: 1.27mg (63.37%), Vitamin B3: 10.8mg (53.98%), Iron: 7.86mg (43.66%), Potassium: 1220.49mg (34.87%), Vitamin B2: 0.59mg (34.59%), Manganese: 0.5mg (25.08%), Vitamin B1: 0.35mg (23.12%), Magnesium: 88.17mg (22.04%), Vitamin E: 2.84mg (18.93%), Copper: 0.32mg (16.16%), Calcium: 134.81mg (13.48%), Vitamin B5: 1.33mg (13.34%), Fiber: 2.77g (11.09%), Vitamin C: 6.91mg (8.38%), Folate: 28.09µg (7.02%), Vitamin A: 254.82IU (5.1%), Vitamin K: 3.67µg (3.5%)