



Perfect Prime Rib



Gluten Free



Dairy Free



Low Fod Map

READY IN



95 min.

SERVINGS



6

CALORIES



1377 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 tablespoon olive oil extra virgin
- ☐ 1 teaspoon pepper
- ☐ 6 servings horseradish
- ☐ 1.5 teaspoons kosher salt
- ☐ 6 lb prime rib roast (3 ribs)
- ☐ 6 servings rosemary

Equipment

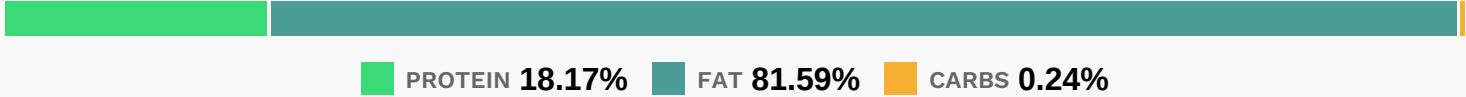
- ☐ oven

- ☐ wire rack
- ☐ roasting pan
- ☐ kitchen thermometer
- ☐ aluminum foil

Directions

- ☐ Combine salt, pepper, and olive oil; rub evenly over roast.
- ☐ Place roast on a wire rack in an aluminum foil-lined roasting pan.
- ☐ Bake at 450 for 45 minutes; reduce oven temperature to 350, and bake 45 minutes or until a meat thermometer inserted in thickest portion registers 145 (medium-rare) or to desired degree of doneness.
- ☐ Remove from oven, cover loosely with aluminum foil, and let stand 20 minutes before slicing.
- ☐ Serve with Fluffy Horseradish Sauce.
- ☐ Garnish, if desired.

Nutrition Facts



Properties

Glycemic Index:22.83, Glycemic Load:0.2, Inflammation Score:-1, Nutrition Score:27.698695637934%

Nutrients (% of daily need)

Calories: 1376.81kcal (68.84%), Fat: 123.02g (189.27%), Saturated Fat: 50.71g (316.93%), Carbohydrates: 0.84g (0.28%), Net Carbohydrates: 0.55g (0.2%), Sugar: 0.4g (0.45%), Cholesterol: 274.33mg (91.44%), Sodium: 804.47mg (34.98%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 61.63g (123.27%), Vitamin B12: 10.52µg (175.27%), Selenium: 79.03µg (112.9%), Zinc: 13.77mg (91.78%), Vitamin B6: 1.19mg (59.38%), Phosphorus: 581.29mg (58.13%), Vitamin B3: 10.5mg (52.51%), Iron: 6.58mg (36.54%), Vitamin B2: 0.5mg (29.27%), Potassium: 1019.9mg (29.14%), Vitamin B1: 0.31mg (20.41%), Magnesium: 63.12mg (15.78%), Vitamin B5: 1.15mg (11.52%), Copper: 0.23mg (11.28%), Folate: 22.26µg (5.57%), Manganese: 0.09mg (4.7%), Calcium: 40.23mg (4.02%), Vitamin E: 0.34mg (2.27%), Vitamin K: 2.02µg (1.92%), Vitamin C: 1.31mg (1.58%), Fiber: 0.29g (1.17%)