



 **57%**  
HEALTH SCORE

## Prime Rib Roast

 **Gluten Free**  **Dairy Free**

READY IN



**255 min.**

SERVINGS



**3**

CALORIES



**3948 kcal**

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- 1 cup beer
- 2 tablespoons brown sugar
- 3 teaspoons ginger root fresh grated
- 4 cloves garlic minced
- 3 servings ground pepper black to taste
- 1 tablespoon ground mustard
- 0.3 cup olive oil
- 0.3 cup orange marmalade

- 0.3 teaspoon pepper sauce hot
- 8 pound prime rib roast
- 3 tablespoons soya sauce

## Equipment

- oven
- roasting pan
- kitchen thermometer
- aluminum foil

## Directions

- Mix together the ginger, marmalade, garlic, soy sauce, brown sugar, hot sauce, and mustard. Stir in the beer. Prick holes all over the roast with a 2 pronged fork.
- Pour marinade over roast. Cover, and refrigerate for at least 2 hours, basting at least twice.
- Preheat oven to 400 degrees F (200 degrees C).
- Place roast on a rack in a roasting pan.
- Pour about 1 cup of marinade into the roasting pan, and discard remaining marinade.
- Pour olive oil over roast, and season with freshly ground black pepper. Insert a roasting thermometer into the middle of the roast, making sure that the thermometer does not touch any bone. Cover roasting pan with aluminum foil, and seal edges tightly around pan.
- Cook roast for 1 hour in the preheated oven. After the first hour, remove the aluminum foil. Baste, reduce heat to 325 degrees F (165 degrees C), and continue roasting for 1 more hour. The thermometer reading should be at least 140 degrees F (60 degrees C) for medium-rare, and 170 degrees F (76 degrees C) for well done.
- Remove roasting pan from oven, place aluminum foil over roast, and let rest for about 30 minutes before slicing.

## Nutrition Facts

  

 PROTEIN 17.23%  FAT 78.9%  CARBS 3.87%

## Properties

Glycemic Index:44.17, Glycemic Load:1.69, Inflammation Score:-5, Nutrition Score:48.530000063388%

## Flavonoids

Catechin: 0.3mg, Catechin: 0.3mg, Catechin: 0.3mg, Catechin: 0.3mg Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.65mg, Kaempferol: 0.65mg, Kaempferol: 0.65mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg Galliccatechin: 0.06mg, Galliccatechin: 0.06mg, Galliccatechin: 0.06mg, Galliccatechin: 0.06mg

## Nutrients (% of daily need)

Calories: 3948.28kcal (197.41%), Fat: 340.58g (523.97%), Saturated Fat: 136.86g (855.39%), Carbohydrates: 37.62g (12.54%), Net Carbohydrates: 36.79g (13.38%), Sugar: 29.64g (32.93%), Cholesterol: 731.55mg (243.85%), Sodium: 1579.72mg (68.68%), Alcohol: 3.07g (100%), Alcohol %: 0.33% (100%), Protein: 167.37g (334.75%), Vitamin B12: 28.06µg (467.64%), Selenium: 216.69µg (309.56%), Zinc: 36.88mg (245.84%), Vitamin B6: 3.29mg (164.74%), Phosphorus: 1606.86mg (160.69%), Vitamin B3: 29.24mg (146.19%), Iron: 18.23mg (101.3%), Vitamin B2: 1.39mg (81.67%), Potassium: 2798.95mg (79.97%), Vitamin B1: 0.86mg (57.11%), Magnesium: 186.6mg (46.65%), Copper: 0.68mg (33.8%), Vitamin B5: 3.21mg (32.13%), Vitamin E: 2.74mg (18.28%), Manganese: 0.36mg (18.08%), Folate: 66.2µg (16.55%), Calcium: 132.76mg (13.28%), Vitamin K: 11.2µg (10.67%), Vitamin C: 3.47mg (4.21%), Fiber: 0.83g (3.31%)