

MARTHA STEWART'S COOKING SCHOOL

Lessons and Recipes for the Home Cook

Prime Rib Roast



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



8

CALORIES



1213 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 8 servings coarse salt and pepper freshly ground
- ☐ 15 bay leaves dried crumbled
- ☐ 0.5 cup olive oil extra-virgin
- ☐ 0.3 cup orange zest finely grated (from 2 to 3 oranges)
- ☐ 7 pounds three-rib prime rib of beef trimmed
- ☐ 0.3 cup sage leaves fresh whole coarsely chopped for garnish

Equipment

- ☐ bowl

- ☐ oven
- ☐ roasting pan
- ☐ kitchen thermometer

Directions

- ☐ Stir together crumbled bay leaves, sage, the oil, 1 1/2 teaspoons salt, and the orange zest in a small bowl. Season with pepper. Rub herb mixture all over the beef, coating evenly. Refrigerate overnight, covered. About 2 hours before you plan to cook the beef, remove it from the refrigerator.
- ☐ Place beef, fat side up, in a roasting pan and allow it to come to room temperature. Meanwhile, heat the oven to 450°F.
- ☐ Cook beef for 30 minutes, then reduce temperature to 350°F and continue roasting until an instant-read thermometer inserted into meat (away from bone) registers 115°F to 120°F (for rare), about 1 hour to 1 hour 15 minutes longer.
- ☐ Let rest 20 minutes.
- ☐ Carve and serve Slice meat away from ribs, cutting along the bones. Then, slice meat crosswise to desired thickness.
- ☐ Serve, garnished with whole sage leaves.
- ☐ Taste
- ☐ Book, using the USDA Nutrition Database

Nutrition Facts



■ PROTEIN 18.05% ■ FAT 81.54% ■ CARBS 0.41%

Properties

Glycemic Index:0, Glycemic Load:0, Inflammation Score:-1, Nutrition Score:29.26739135255%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg

Nutrients (% of daily need)

Calories: 1212.66kcal (60.63%), Fat: 108.3g (166.62%), Saturated Fat: 44.47g (277.92%), Carbohydrates: 1.23g (0.41%), Net Carbohydrates: 0.72g (0.26%), Sugar: Og (0%), Cholesterol: 240.04mg (80.01%), Sodium: 370.73mg (16.12%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 53.94g (107.88%), Vitamin B12: 9.2µg (153.36%), Selenium: 69.06µg (98.65%), Copper: 1.83mg (91.73%), Zinc: 12.03mg (80.2%), Vitamin B6: 1.04mg (52.19%), Phosphorus: 508.01mg (50.8%), Vitamin B3: 9.21mg (46.04%), Iron: 5.86mg (32.54%), Vitamin B2: 0.44mg (25.79%), Potassium: 888.66mg (25.39%), Vitamin B1: 0.27mg (18.21%), Magnesium: 55.37mg (13.84%), Vitamin B5: 1.02mg (10.2%), Vitamin C: 5.53mg (6.7%), Manganese: 0.11mg (5.32%), Folate: 18.21µg (4.55%), Calcium: 41.7mg (4.17%), Vitamin E: 0.4mg (2.66%), Fiber: 0.51g (2.05%), Vitamin K: 1.63µg (1.55%)