



Prime Rib with Herb Rub

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

READY IN



120 min.

SERVINGS



6

CALORIES



951 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 tablespoons garlic minced
- 1 tablespoon ground pepper black
- 2 tablespoons olive oil
- 0.5 cup parsley minced
- 4 pounds prime rib roast
- 2 tablespoons sea salt

Equipment

- bowl

oven

Directions

- First, preheat the oven to 400 degrees F, for rib cooking.
- Next, in a bowl, blend the parsley, garlic, oil, salt and pepper together well to incorporate.
- To prepare the beef, trim the fingers from the bottom of the beef and the tail of the rib, retaining the center rib section. Then evenly apply the rub to the entire rib.
- To cook the rib, begin cooking for 20 minutes, then reduce the heat to 225 degrees and finish for 1 1/2 hours for medium-rare to medium.

Nutrition Facts

 **PROTEIN 17.64%**  **FAT 81.58%**  **CARBS 0.78%**

Properties

Glycemic Index:15.67, Glycemic Load:0.42, Inflammation Score:-4, Nutrition Score:25.65695681261%

Flavonoids

Apigenin: 10.78mg, Apigenin: 10.78mg, Apigenin: 10.78mg, Apigenin: 10.78mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Myricetin: 0.78mg, Myricetin: 0.78mg, Myricetin: 0.78mg, Myricetin: 0.78mg Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg

Nutrients (% of daily need)

Calories: 951.28kcal (47.56%), Fat: 85.17g (131.03%), Saturated Fat: 34.25g (214.05%), Carbohydrates: 1.84g (0.61%), Net Carbohydrates: 1.36g (0.5%), Sugar: 0.08g (0.08%), Cholesterol: 182.89mg (60.96%), Sodium: 2463.65mg (107.12%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 41.44g (82.89%), Vitamin B12: 7.01µg (116.85%), Vitamin K: 86.49µg (82.37%), Selenium: 53.02µg (75.74%), Zinc: 9.25mg (61.65%), Vitamin B6: 0.83mg (41.4%), Phosphorus: 394.66mg (39.47%), Vitamin B3: 7.08mg (35.4%), Iron: 4.82mg (26.76%), Potassium: 720.26mg (20.58%), Vitamin B2: 0.34mg (19.99%), Vitamin B1: 0.21mg (14.26%), Magnesium: 45.58mg (11.39%), Manganese: 0.21mg (10.7%), Vitamin C: 7.48mg (9.07%), Copper: 0.18mg (8.77%), Vitamin A: 426.91IU (8.54%), Vitamin B5: 0.81mg (8.12%), Folate: 20.55µg (5.14%), Vitamin E: 0.72mg (4.81%), Calcium: 40.5mg (4.05%), Fiber: 0.47g (1.9%)