



Prime Rib with Horseradish Cream

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

READY IN



160 min.

SERVINGS



10

CALORIES



1193 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 tablespoon thyme leaves fresh chopped
- 2 tablespoons horseradish prepared
- 10 servings horseradish cream
- 2 tablespoons mustard english with colman's) prepared
- 1 teaspoon pepper
- 10 servings garnishes: lady apples
- 8.5 pound prime rib roast
- 1 teaspoon salt

Equipment

- oven
- roasting pan
- kitchen thermometer

Directions

- Combine first 5 ingredients; rub on all surfaces of roast.
- Place roast on a rack in a roasting pan.
- Bake, uncovered, at 450 for 20 minutes. Reduce heat to 300, and bake 2 hours and 15 minutes or until a meat thermometer inserted in thickest portion registers 145 (medium rare) or 160 (medium).
- Let stand 10 minutes before slicing.
- Transfer roast to a serving platter, reserving 1/4 cup drippings for Blue Cheese Yorkshire Puddings; keep warm.
- Serve with Horseradish Cream.
- Garnish, if desired.

Nutrition Facts

 **PROTEIN 17.91%**  **FAT 78.63%**  **CARBS 3.46%**

Properties

Glycemic Index:17.9, Glycemic Load:2.56, Inflammation Score:-6, Nutrition Score:25.840434774109%

Flavonoids

Cyanidin: 0.98mg, Cyanidin: 0.98mg, Cyanidin: 0.98mg, Cyanidin: 0.98mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.81mg, Catechin: 0.81mg, Catechin: 0.81mg, Catechin: 0.81mg Epigallocatechin: 0.16mg, Epigallocatechin: 0.16mg, Epigallocatechin: 0.16mg, Epigallocatechin: 0.16mg Epicatechin: 4.71mg, Epicatechin: 4.71mg, Epicatechin: 4.71mg, Epicatechin: 4.71mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.12mg, Epigallocatechin 3-gallate: 0.12mg, Epigallocatechin 3-gallate: 0.12mg, Epigallocatechin 3-gallate: 0.12mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.39mg, Luteolin: 0.39mg, Luteolin: 0.39mg, Luteolin: 0.39mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg

Kaempferol: 0.09mg Quercetin: 2.51mg, Quercetin: 2.51mg, Quercetin: 2.51mg, Quercetin: 2.51mg

Nutrients (% of daily need)

Calories: 1193.12kcal (59.66%), Fat: 103.08g (158.58%), Saturated Fat: 42.87g (267.92%), Carbohydrates: 10.22g (3.41%), Net Carbohydrates: 8.31g (3.02%), Sugar: 7.53g (8.37%), Cholesterol: 233.18mg (77.73%), Sodium: 693.52mg (30.15%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 52.82g (105.65%), Vitamin B12: 8.94µg (148.98%), Selenium: 67.27µg (96.11%), Zinc: 11.77mg (78.44%), Vitamin B6: 1.04mg (51.92%), Phosphorus: 502.69mg (50.27%), Vitamin B3: 9.01mg (45.05%), Iron: 5.76mg (31.99%), Potassium: 945.29mg (27.01%), Vitamin B2: 0.44mg (26.05%), Vitamin B1: 0.27mg (18.06%), Magnesium: 58.57mg (14.64%), Copper: 0.21mg (10.64%), Vitamin B5: 1.02mg (10.23%), Fiber: 1.91g (7.65%), Vitamin C: 5.99mg (7.26%), Folate: 22.98µg (5.74%), Manganese: 0.11mg (5.29%), Calcium: 41.24mg (4.12%), Vitamin K: 1.81µg (1.72%), Vitamin A: 68.26IU (1.37%)