



Prime Rib with Spicy Horseradish Sauce

 Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



1024 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 3 garlic clove minced
- 2 tablespoons pepper
- 8 servings horseradish
- 6 pound prime rib roast boneless
- 8 pound rock salt
- 0.5 cup water
- 1 tablespoon worcestershire sauce

Equipment

- oven
- roasting pan
- kitchen thermometer

Directions

- Rub roast on all sides with garlic, pepper, and Worcestershire sauce.
- Pour salt to depth of 1/2 inch into a disposable aluminum roasting pan; place roast in center of pan.
- Add the remaining salt; sprinkle with 1/2 cup water.
- Bake at 500 for 12 minutes per pound or until a meat thermometer inserted into thickest portion registers 145 (medium-rare) or to desired degree of doneness. (Be sure to use a meat thermometer for best results.)
- Let stand 10 minutes. Crack salt with a hammer; remove roast, and brush away salt.
- Let stand 20 minutes.
- Serve roast with Spicy Horseradish Sauce.

Nutrition Facts

■ PROTEIN **18.39%** ■ FAT **80.7%** ■ CARBS **0.91%**

Properties

Glycemic Index:12.13, Glycemic Load:0.43, Inflammation Score:-1, Nutrition Score:25.510869246786%

Flavonoids

Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 1023.94kcal (51.2%), Fat: 90.56g (139.33%), Saturated Fat: 37.8g (236.28%), Carbohydrates: 2.3g (0.77%), Net Carbohydrates: 1.74g (0.63%), Sugar: 0.63g (0.7%), Cholesterol: 205.75mg (68.58%), Sodium: 176004.64mg (7652.38%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 46.44g (92.87%), Vitamin B12: 7.89µg (131.45%), Selenium: 59.99µg (85.7%), Zinc: 10.82mg (72.13%), Vitamin B6: 0.91mg (45.39%), Phosphorus: 441.28mg (44.13%), Vitamin B3: 7.92mg (39.59%), Iron: 6.65mg (36.96%), Manganese: 0.7mg (35.07%), Potassium: 841.59mg (24.05%), Vitamin B2: 0.38mg (22.32%), Copper: 0.33mg (16.59%), Vitamin B1: 0.23mg (15.62%), Calcium: 148.78mg (14.88%), Magnesium: 54.88mg (13.72%), Vitamin B5: 0.89mg (8.9%), Folate: 17.6µg (4.4%), Vitamin K: 2.56µg (2.44%),

Vitamin C: 1.87mg (2.27%), Fiber: 0.57g (2.27%)