

Rock Salt Roast Prime Rib

 Gluten Free

READY IN



90 min.

SERVINGS



4

CALORIES



1634 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 cup cup heavy whipping cream
- ☐ 2 tablespoons horseradish prepared
- ☐ 2 cups mustard hot prepared
- ☐ 4 pound prime rib roast
- ☐ 4 cups rock salt

Equipment

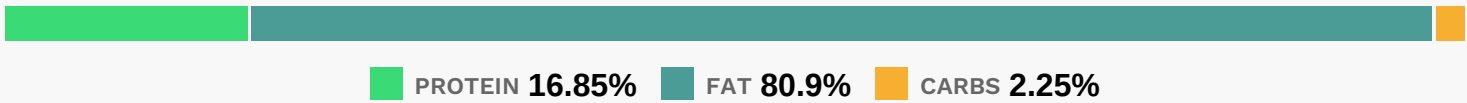
- ☐ bowl
- ☐ oven

- ☐ knife
- ☐ roasting pan
- ☐ aluminum foil
- ☐ cutting board

Directions

- ☐ Preheat oven to 450 degrees F (230 degrees C). Line a roasting pan with aluminum foil.
- ☐ Liberally coat the roast with mustard, so that it is entirely covered. Put a thick layer of rock salt on the foil in the roasting pan, about the size of the bottom of the roast. Set the bottom of the roast on the salt, and press down to embed the salt into the mustard. Completely cover the remainder of the roast with rock salt, pressing it into the mustard. (A lot of salt will fall off into the pan, but that doesn't hurt anything).
- ☐ Bake uncovered, in preheated oven for 60 minutes, or until internal temperature reaches 145 degrees F (65 degrees C).
- ☐ Let stand 15 minutes. The roast will be encased in a 'shell'. Hit the shell sharply with the back of a knife, and it will crack open and start to fall off.
- ☐ Remove the shell, and place the roast on a cutting board. Slice, and serve with horseradish sauce.
- ☐ Horseradish sauce: In a small bowl, whip the cream until stiff peaks form. Fold in horseradish to taste.

Nutrition Facts



Properties

Glycemic Index:16.75, Glycemic Load:0.61, Inflammation Score:-7, Nutrition Score:37.765217221302%

Nutrients (% of daily need)

Calories: 1634.46kcal (81.72%), Fat: 146.37g (225.18%), Saturated Fat: 64.38g (402.35%), Carbohydrates: 9.14g (3.05%), Net Carbohydrates: 3.53g (1.29%), Sugar: 4.1g (4.56%), Cholesterol: 341.57mg (113.86%), Sodium: 114792.37mg (4990.97%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 68.6g (137.21%), Vitamin B12: 10.61µg (176.85%), Selenium: 123.49µg (176.41%), Zinc: 15.01mg (100.07%), Phosphorus: 750.44mg (75.04%), Vitamin B6: 1.29mg (64.67%), Vitamin B3: 11.24mg (56.22%), Iron: 9.51mg (52.84%), Manganese: 0.86mg (43.16%), Vitamin B2:

0.69mg (40.66%), Vitamin B1: 0.55mg (36.84%), Potassium: 1287.16mg (36.78%), Magnesium: 129.83mg (32.46%), Calcium: 226.28mg (22.63%), Fiber: 5.6g (22.4%), Copper: 0.41mg (20.39%), Vitamin A: 963.2IU (19.26%), Vitamin B5: 1.68mg (16.75%), Folate: 34.42µg (8.61%), Vitamin E: 0.98mg (6.56%), Vitamin D: 0.95µg (6.35%), Vitamin K: 3.87µg (3.68%), Vitamin C: 2.72mg (3.3%)