



 **65%**
HEALTH SCORE

Rosemary Dijon Prime Rib

 **Gluten Free**  **Dairy Free**  **Very Healthy**

READY IN



145 min.

SERVINGS



1

CALORIES



6853 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.5 cup dijon mustard to taste
- 3 sprigs rosemary fresh to taste
- 3 cloves garlic thinly sliced
- 1 serving kosher salt to taste
- 5 pound prime rib roast

Equipment

- oven
- baking pan

- kitchen thermometer
- aluminum foil

Directions

- Preheat an oven to 450 degrees F (230 degrees C).
- Slice small cuts along the outside edges of the roast; fill cuts with garlic slices. Generously salt the entire roast.
- Spread a thin layer of Dijon mustard over the entire roast; generously sprinkle mustard layer with rosemary leaves.
- Place roast, bone side-down, in a baking dish.
- Bake in the preheated oven for 30 minutes. Reduce oven temperature to 350 degrees F (175 degrees C).
- Place a meat thermometer in the thickest part of the meat not touching the bone. Cook to your desired degree of doneness, or an internal temperature of at least 145 degrees F (65 degrees C) for medium, about 1 1/2 hours.
- Remove from the oven, cover with a doubled sheet of aluminum foil, and allow to rest in a warm area 10 to 15 minutes before slicing.

Nutrition Facts

PROTEIN 18.55% **FAT 80.88%** **CARBS 0.57%**

Properties

Glycemic Index:62, Glycemic Load:1.24, Inflammation Score:-6, Nutrition Score:58.425652135973%

Flavonoids

Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg Quercetin: 0.16mg, Quercetin: 0.16mg, Quercetin: 0.16mg, Quercetin: 0.16mg

Nutrients (% of daily need)

Calories: 6852.81kcal (342.64%), Fat: 607.42g (934.49%), Saturated Fat: 252.18g (1576.14%), Carbohydrates: 9.64g (3.21%), Net Carbohydrates: 4.05g (1.47%), Sugar: 1.86g (2.06%), Cholesterol: 1371.66mg (457.22%), Sodium: 2574.59mg (111.94%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 313.55g (627.09%), Vitamin B12: 52.58µg

(876.34%), Selenium: 437.96µg (625.66%), Zinc: 69.49mg (463.25%), Vitamin B6: 6.1mg (305.21%), Phosphorus: 3044.16mg (304.42%), Vitamin B3: 53.15mg (265.77%), Iron: 34.54mg (191.89%), Vitamin B2: 2.57mg (151.13%), Potassium: 5235.27mg (149.58%), Vitamin B1: 1.78mg (118.5%), Magnesium: 367.1mg (91.78%), Vitamin B5: 6.14mg (61.45%), Copper: 1.21mg (60.3%), Manganese: 0.88mg (44.13%), Calcium: 267.25mg (26.73%), Folate: 104.57µg (26.14%), Fiber: 5.58g (22.34%), Vitamin C: 3.37mg (4.09%), Vitamin E: 0.44mg (2.95%), Vitamin A: 97.98IU (1.96%), Vitamin K: 2.02µg (1.92%)