



Rosemary Rib Roast

 Gluten Free

READY IN



105 min.

SERVINGS



8

CALORIES



1279 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 6 garlic cloves pressed
- 2 tablespoons horseradish
- 2 tablespoons juice of lemon
- 2 tablespoons olive oil
- 2 teaspoons pepper
- 7 pound prime rib roast
- 1 teaspoon rosemary crushed
- 2 teaspoons salt

1 cup cup heavy whipping cream sour

Equipment

bowl

oven

kitchen thermometer

Directions

Combine first 5 ingredients in a small bowl; rub over roast.

Let stand at room temperature 30 minutes.

Bake roast at 450 for 45 minutes on lower rack of oven. Reduce temperature to 350, and bake roast 45 to 50 additional minutes or until a meat thermometer registers 145 (medium-rare) or 160 (medium).

Let roast stand 20 minutes.

Combine sour cream, lemon juice, and horseradish; serve with roast.

Nutrition Facts

 
 PROTEIN **17.34%**  FAT **81.68%**  CARBS **0.98%**

Properties

Glycemic Index:20.88, Glycemic Load:0.38, Inflammation Score:-2, Nutrition Score:26.683478106623%

Flavonoids

Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

Nutrients (% of daily need)

Calories: 1278.67kcal (63.93%), Fat: 114.69g (176.45%), Saturated Fat: 47.48g (296.72%), Carbohydrates: 3.09g (1.03%), Net Carbohydrates: 2.77g (1.01%), Sugar: 1.4g (1.56%), Cholesterol: 257mg (85.67%), Sodium: 783.33mg (34.06%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 54.8g (109.59%), Vitamin B12: 9.26µg (154.37%), Selenium: 70.53µg (100.76%), Zinc: 12.16mg (81.09%), Vitamin B6: 1.08mg (53.97%), Phosphorus: 534.31mg

(53.43%), Vitamin B3: 9.23mg (46.17%), Iron: 5.82mg (32.34%), Vitamin B2: 0.49mg (28.62%), Potassium: 941.78mg (26.91%), Vitamin B1: 0.28mg (18.58%), Magnesium: 58.92mg (14.73%), Vitamin B5: 1.13mg (11.26%), Copper: 0.21mg (10.59%), Manganese: 0.15mg (7.41%), Calcium: 68.21mg (6.82%), Folate: 21.47µg (5.37%), Vitamin E: 0.63mg (4.18%), Vitamin C: 3.35mg (4.06%), Vitamin A: 182.74IU (3.65%), Vitamin K: 3.44µg (3.28%), Fiber: 0.31g (1.26%)