



## Seasoned Rib Roast

 Gluten Free  Dairy Free

READY IN



115 min.

SERVINGS



8

CALORIES



206 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 0.3 teaspoon ground pepper
- 0.5 teaspoon rosemary dried crushed
- 0.8 teaspoon garlic salt
- 1.5 teaspoons lemon pepper
- 1.5 teaspoons paprika
- 3 pounds pan drippings from roast beef preferably

### Equipment

- bowl

- oven
- roasting pan
- kitchen thermometer

## Directions

- In a small bowl, combine the seasonings; rub over roast.
- Place roast fat side up on a rack in a shallow roasting pan.
- Bake, uncovered, at 350° for 1-3/4 to 2-1/2 hours or until meat reaches desired doneness (for medium-rare, a thermometer should read 145°; medium, 160°; well-done, 170°).
- Remove to a warm serving platter.
- Let stand for 10 minutes before carving.

## Nutrition Facts

**PROTEIN 71.78%** **FAT 26.29%** **CARBS 1.93%**

## Properties

Glycemic Index:18.63, Glycemic Load:0.06, Inflammation Score:-5, Nutrition Score:20.266521746698%

## Nutrients (% of daily need)

Calories: 206.33kcal (10.32%), Fat: 6.03g (9.27%), Saturated Fat: 2.06g (12.86%), Carbohydrates: 0.99g (0.33%), Net Carbohydrates: 0.75g (0.27%), Sugar: 0.05g (0.05%), Cholesterol: 96.96mg (32.32%), Sodium: 2778.33mg (120.8%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 37.01g (74.02%), Vitamin C: 76.6mg (92.85%), Vitamin B3: 12.69mg (63.43%), Vitamin B12: 2.89µg (48.19%), Calcium: 479.1mg (47.91%), Zinc: 6.16mg (41.09%), Vitamin B6: 0.69mg (34.56%), Phosphorus: 330.24mg (33.02%), Iron: 3.7mg (20.53%), Selenium: 11.44µg (16.35%), Potassium: 491.17mg (14.03%), Vitamin B2: 0.22mg (12.65%), Magnesium: 37.14mg (9.29%), Copper: 0.13mg (6.36%), Vitamin B5: 0.52mg (5.25%), Vitamin B1: 0.08mg (5.23%), Manganese: 0.09mg (4.4%), Vitamin A: 212.96IU (4.26%), Folate: 15.81µg (3.95%)