



Smoked Prime Rib



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



10

CALORIES



874 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 tablespoon rosemary dried
- ☐ 1 teaspoon thyme leaves dried
- ☐ 1.5 cups cooking wine dry red
- ☐ 4 garlic cloves minced
- ☐ 2 tablespoons coarsely ground pepper
- ☐ 0.5 cup olive oil
- ☐ 1.5 cups red wine vinegar
- ☐ 6 pound beef rib roast

- ☐ 1 tablespoon salt
- ☐ 10 servings hickory wood chunks

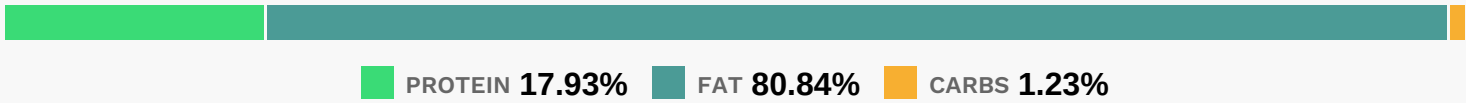
Equipment

- ☐ frying pan
- ☐ kitchen thermometer

Directions

- ☐ Soak wood chunks in water 1 hour.
- ☐ Combine minced garlic and next 4 ingredients, and rub garlic mixture evenly over beef roast.
- ☐ Stir together dry red wine, red wine vinegar, and olive oil; set wine mixture aside.
- ☐ Prepare charcoal fire in smoker; let burn 15 to 20 minutes.
- ☐ Drain wood chunks, and place on coals.
- ☐ Place water pan in smoker, and add water to just below fill line.
- ☐ Place beef roast in center on lower food rack. Gradually pour wine mixture over beef roast.
- ☐ Cook beef roast, covered, 6 hours or until a meat thermometer inserted into thickest portion of beef roast registers 145 (medium), adding more water to depth of fill line, if necessary.
- ☐ Remove beef roast from smoker, and let stand 15 minutes before slicing.

Nutrition Facts



Properties

Glycemic Index:13.2, Glycemic Load:0.29, Inflammation Score:-3, Nutrition Score:19.724347540866%

Flavonoids

Petunidin: 1.2mg, Petunidin: 1.2mg, Petunidin: 1.2mg, Petunidin: 1.2mg Delphinidin: 1.5mg, Delphinidin: 1.5mg, Delphinidin: 1.5mg, Delphinidin: 1.5mg Malvidin: 9.45mg, Malvidin: 9.45mg, Malvidin: 9.45mg, Malvidin: 9.45mg Peonidin: 0.67mg, Peonidin: 0.67mg, Peonidin: 0.67mg, Peonidin: 0.67mg Catechin: 2.77mg, Catechin: 2.77mg, Catechin: 2.77mg, Catechin: 2.77mg Epicatechin: 3.84mg, Epicatechin: 3.84mg, Epicatechin: 3.84mg, Epicatechin: 3.84mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg

Isorhamnetin: 0.01mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg
Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg Quercetin: 0.23mg, Quercetin: 0.23mg,
Quercetin: 0.23mg, Quercetin: 0.23mg

Nutrients (% of daily need)

Calories: 874.43kcal (43.72%), Fat: 74.66g (114.86%), Saturated Fat: 30.56g (190.97%), Carbohydrates: 2.57g (0.86%), Net Carbohydrates: 2.12g (0.77%), Sugar: 0.02g (0.02%), Cholesterol: 164.6mg (54.87%), Sodium: 822.32mg (35.75%), Alcohol: 3.78g (100%), Alcohol %: 1.51% (100%), Protein: 37.25g (74.5%), Vitamin B12: 6.31µg (105.16%), Selenium: 47.57µg (67.95%), Zinc: 8.29mg (55.26%), Vitamin B6: 0.73mg (36.55%), Phosphorus: 355.53mg (35.55%), Vitamin B3: 6.32mg (31.62%), Iron: 4.39mg (24.39%), Potassium: 638.88mg (18.25%), Vitamin B2: 0.3mg (17.88%), Vitamin B1: 0.19mg (12.54%), Manganese: 0.23mg (11.51%), Magnesium: 41.45mg (10.36%), Copper: 0.16mg (7.9%), Vitamin B5: 0.71mg (7.1%), Vitamin K: 5µg (4.76%), Calcium: 36.42mg (3.64%), Folate: 12.56µg (3.14%), Vitamin E: 0.33mg (2.21%), Fiber: 0.45g (1.8%)