



## Spice-Crusted Prime Rib

 Dairy Free

READY IN



210 min.

SERVINGS



10

CALORIES



1003 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- ☐ 1 tablespoon peppercorns black
- ☐ 1 tablespoon coarse salt
- ☐ 1 tablespoon dijon mustard
- ☐ 2 tablespoons flour
- ☐ 1 tablespoon peppercorns green
- ☐ 3 tablespoons t brown sugar dark light packed
- ☐ 2 tablespoons olive oil
- ☐ 1 tablespoon peppercorns

- ☐ 7 lbs prime rib roast
- ☐ 1 tablespoon peppercorns cracked white
- ☐ 1 tablespoon allspice whole

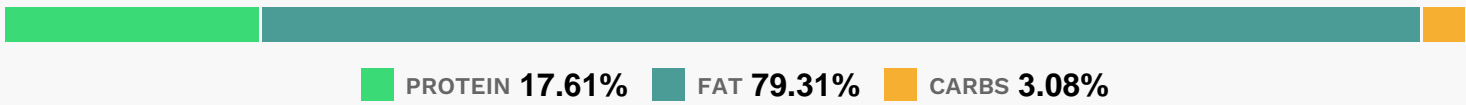
## Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ roasting pan
- ☐ kitchen thermometer
- ☐ aluminum foil
- ☐ spatula

## Directions

- ☐ Let beef come to room temperature 1 hour. Preheat oven to 50
- ☐ Set beef in a large roasting pan, rib side down, and roast 30 minutes to render off some fat.
- ☐ Transfer beef to a platter and reduce oven temperature to 35
- ☐ Drain fat from pan, then return beef to pan, rib side down. Set aside.
- ☐ Grind peppercorns, allspice, and salt in a spice grinder until coarsely ground. Put in a small bowl and mix with remaining ingredients to make a thick paste. Use a small spatula to spread paste evenly over top and sides of beef.
- ☐ Cook beef until well browned and a meat thermometer inserted into thickest part reads 115, about 1 1/2 hours for medium rare (temperature will rise to at least 135 as it stands). Cover beef loosely with foil and let stand about 30 minutes before slicing.

## Nutrition Facts



## Properties

Glycemic Index:18.6, Glycemic Load:1.13, Inflammation Score:-1, Nutrition Score:22.823043535585%

Nutrients (% of daily need)

Calories: 1003.35kcal (50.17%), Fat: 87.46g (134.56%), Saturated Fat: 35.71g (223.17%), Carbohydrates: 7.65g (2.55%), Net Carbohydrates: 6.5g (2.36%), Sugar: 3.53g (3.92%), Cholesterol: 192.03mg (64.01%), Sodium: 888.09mg (38.61%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 43.7g (87.4%), Vitamin B12: 7.36µg (122.69%), Selenium: 56.44µg (80.62%), Zinc: 9.67mg (64.48%), Vitamin B6: 0.84mg (41.94%), Phosphorus: 415.34mg (41.53%), Vitamin B3: 7.48mg (37.41%), Iron: 5.13mg (28.5%), Potassium: 745.24mg (21.29%), Vitamin B2: 0.36mg (21.24%), Manganese: 0.39mg (19.46%), Vitamin B1: 0.23mg (15.41%), Magnesium: 49.76mg (12.44%), Copper: 0.2mg (10.07%), Vitamin B5: 0.84mg (8.44%), Vitamin K: 4.99µg (4.75%), Calcium: 46.03mg (4.6%), Fiber: 1.15g (4.6%), Folate: 16.96µg (4.24%), Vitamin E: 0.43mg (2.87%)