



Traditional Garlic and Herb Crusted Prime Rib Roast

 Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



24

CALORIES



592 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 24 servings bay leaves
- 0.5 teaspoon pepper black
- 0.5 cup parsley fresh finely chopped
- 0.5 cup rosemary leaves fresh finely chopped
- 0.5 cup tarragon fresh finely chopped
- 0.3 cup thyme sprigs fresh finely chopped
- 3 garlic crushed

- 2 tablespoons kosher salt
- 0.3 cup olive oil
- 10 pound prime rib roast boneless at room temperature

Equipment

- bowl
- oven
- kitchen thermometer
- cutting board

Directions

- 2-3 hours before you want to begin cooking, take the roast out of the fridge and place it on a cutting board at room temperature. Preheat the oven to 325 degrees F. To prepare roast, remove excess fat from the bottom of the roast, and then trim the layer of fat from the top side (leaving a little fat is fine). In a bowl, mix the garlic and chopped herbs with salt and pepper.
- Add the olive oil and mix until combined. Evenly apply garlic herb rub on all sides of the roast. Tie roast with string and insert a bay leaf underneath each string across the top. Roast until the internal temperature reaches 120 degrees F for medium-rare, about 2 1/2 hours. If you prefer medium, take the roast out when the thermometer reads 130 degrees F.
- Let roast rest for 10 minutes before carving.

Nutrition Facts

■ PROTEIN 17.8% ■ FAT 81.01% ■ CARBS 1.19%

Properties

Glycemic Index: 8.71, Glycemic Load: 0.39, Inflammation Score: -6, Nutrition Score: 15.729130434783%

Flavonoids

Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg Apigenin: 2.71mg, Apigenin: 2.71mg, Apigenin: 2.71mg, Apigenin: 2.71mg Luteolin: 0.24mg, Luteolin: 0.24mg, Luteolin: 0.24mg, Luteolin: 0.24mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.19mg, Myricetin: 0.19mg, Myricetin: 0.19mg, Myricetin: 0.19mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

0.01mg

Nutrients (% of daily need)

Calories: 592.07kcal (29.6%), Fat: 52.73g (81.12%), Saturated Fat: 21.36g (133.51%), Carbohydrates: 1.74g (0.58%), Net Carbohydrates: 1.2g (0.44%), Sugar: 0.01g (0.02%), Cholesterol: 114.31mg (38.1%), Sodium: 667.41mg (29.02%), Protein: 26.07g (52.13%), Vitamin B12: 4.38µg (73.03%), Selenium: 33µg (47.14%), Zinc: 5.83mg (38.85%), Vitamin B6: 0.54mg (27.23%), Phosphorus: 248mg (24.8%), Vitamin B3: 4.51mg (22.57%), Vitamin K: 21.93µg (20.88%), Iron: 3.7mg (20.54%), Vitamin B2: 0.23mg (13.51%), Potassium: 470.65mg (13.45%), Manganese: 0.21mg (10.62%), Vitamin B1: 0.13mg (8.8%), Magnesium: 32.35mg (8.09%), Copper: 0.11mg (5.51%), Vitamin A: 250.75IU (5.02%), Vitamin B5: 0.49mg (4.91%), Vitamin C: 3.65mg (4.42%), Calcium: 41.38mg (4.14%), Folate: 15.39µg (3.85%), Vitamin E: 0.33mg (2.23%), Fiber: 0.55g (2.18%)