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## Foolproof Rib Roast ••

This foolproof rib roast recipe is perfect for special occasions. The roast is tender and flavorful, with a crispy crust on the outside. It's a classic dish that will impress your guests.

**Recipe Type:** Standard

**Prep Time:** 20 mins

**Cook Time:** 120 mins

**Total Time:** 140 mins

**Recipe Yield:** 2000 grams

**Number of Servings:** 8

**Serving Size:** 250 g

### Ingredients

<b>2000 g</b>	rib roast
<b>2 tsp</b>	salt
<b>1 tsp</b>	black pepper
<b>1 tsp</b>	garlic powder
<b>1 tsp</b>	onion powder
<b>1 tsp</b>	paprika

1 tsp	dried thyme
1 tsp	dried rosemary
2 tbsp	olive oil

## Directions

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### Step 1

Oven

Preheat the oven to 450°F (230°C).

**Prep Time:** 5 mins

**Cook Time:** 0 mins

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### Step 2

Mixing

In a small bowl, mix together the salt, black pepper, garlic powder, onion powder, paprika, dried thyme, and dried rosemary.

**Prep Time:** 5 mins

**Cook Time:** 0 mins

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### Step 3

Rubbing

Rub the olive oil all over the rib roast, then sprinkle the spice mixture evenly over the roast.

**Prep Time:** 5 mins

**Cook Time:** 0 mins

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## Step 4

Preparation

Place the rib roast on a rack in a roasting pan, fat side up.

**Prep Time:** 5 mins

**Cook Time:** 0 mins

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## Step 5

Roasting

Roast the rib roast in the preheated oven for 15 minutes. Then reduce the oven temperature to 325°F (165°C) and continue roasting for about 1 hour and 45 minutes, or until the internal temperature reaches 135°F (57°C) for medium-rare.

**Prep Time:** 5 mins

**Cook Time:** 105 mins

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## Step 6

Resting

Remove the rib roast from the oven and let it rest for 15 minutes before carving.

**Prep Time:** 5 mins

**Cook Time:** 0 mins

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## Step 7

Cutting

Carve the rib roast into thick slices and serve.

**Prep Time:** 5 mins

**Cook Time:** 0 mins

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## Nutrition Facts

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**Calories:** 300 kcal

**Fat:** 25 g

**Protein:** 20 g

**Carbohydrates:** 0 g

## Nutrition Facts

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**Proteins**

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	20 g	117.65%	117.65%

## Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	0 g	0%	0%
Fibers	0 g	0%	0%
Sugars	0 g	N/A	N/A
Lactose	0 g	N/A	N/A

## Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	5 g	N/A	N/A
Saturated Fat	15 g	68.18%	88.24%
Fat	25 g	89.29%	100%
Cholesterol	80 mg	N/A	N/A

## Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	10 iu	1.11%	1.43%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin C	0 mg	0%	0%
Vitamin B6	10 mg	769.23%	769.23%
Vitamin B12	20 mcg	833.33%	833.33%
Vitamin E	2 mg	13.33%	13.33%
Vitamin D	0 mcg	0%	0%

## Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	500 mg	21.74%	21.74%
Calcium	2 mg	0.2%	0.2%
Iron	10 mg	125%	55.56%
Potassium	10 mg	0.29%	0.38%
Zinc	15 mg	136.36%	187.5%
Selenium	40 mcg	72.73%	72.73%

## Recipe Attributes

**Seasonality**

Fall

**Kitchen Tools**

Slow Cooker

Blender

## Nutritional Content

Low Calorie

## Cuisines

Italian

## Diet

Anti-Inflammatory Diet

## Meal Type

Breakfast

Brunch

Lunch

Dinner

Snack

Supper

## Events

Picnic

Barbecue

## Cultural

Chinese New Year

## Course

Breads

Main Dishes

Side Dishes

Desserts

Salads

## Difficulty Level

Medium

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