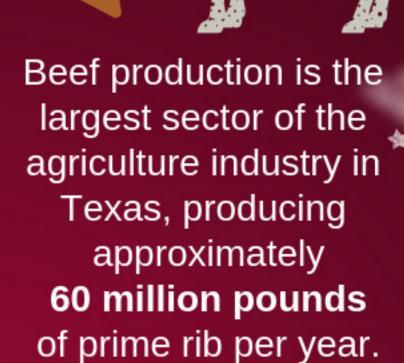
Serving PRIME RIB

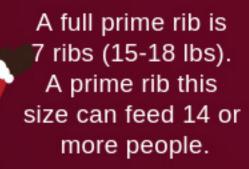


For Your CHRISTMAS DINNER





Prime rib sold in stores is primarily graded as USDA Select or USDA Choice. Beef with these grades taste better due to the amount of marbling present.



NUTRITION

Facts for 3.5 oz of broiled USDA Choice prime rib:

- 205 Calories
- 28.9 g Protein
- 9g Fat
- 3.4g Saturated Fat
- 3.6g Monounsaturated Fat



Preheat oven to 300 °F.

Cook for **25 mins per pound.** Place
foil over meat
halfway through
and finish
cooking.

Let stand **15-20 minutes** before serving.



