


Serving **PRIME RIB**


For Your
**CHRISTMAS
DINNER**



Beef production is the largest sector of the agriculture industry in Texas, producing approximately **60 million pounds** of prime rib per year.



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.




A full prime rib is 7 ribs (15-18 lbs). A prime rib this size can feed 14 or more people.

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



Before cooking, prime rib must be thawed and stored below 40°F.

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.

