

NUTRITIONAL FACTS

RASTELLI'S

4 lb. Beef Prime Rib Roast

Nutrition Facts	
16 servings per container	
Serving size 1/16 roast (113g/4oz slice)	
Amount per serving	
Calories	290
% Daily Value*	
Total Fat 23g	29%
Saturated Fat 10g	49%
<i>Trans Fat</i> 1.5g	
Cholesterol 75mg	26%
Sodium 55mg	2%
Total Carbohydrate 0g	0%
Dietary Fiber 0g 0%	
Total Sugars 0g	
Includes 0g Added Sugars 0%	
Protein 21g	
Vitamin D 0.2mcg 0% • Calcium 10mg 0%	
Iron 2mg 10% • Potassium 250mg 6%	
* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	
Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4	

INGREDIENTS: Beef

Preparation

Step 1 (Thaw): Remove Prime Rib Roast from freezer and place in refrigerator for at least 48 hours prior to cooking.

Step 2 (Prep): Place Roast on a rack in a roasting pan. Score Roast with a sharp knife, then season as desired.

Step 3 (Cook): Place into preheated oven at 300F. Cook for desired time using the cooking chart provided. Let Rest 15 minutes prior to serving.

Desired Temperature	Time	Temperature to remove roast from oven:
Rare	1- 1 ½ HRS.	120 - 125°F
Medium-Rare	1 ½ - 2 HRS.	130 - 135°F
Medium	2 - 2 ½ HRS.	140 - 145°F
Medium- Well	2 ½ - 3 HRS.	150 - 155°F
Well	3 - 3 ½ HRS.	165°F - +

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(1) 1 oz. Steak Seasoning

Nutrition Facts Servings per container 35,
Serving size 1/4 tsp. (0.8g), Amount per serving:

Calories 0, Total Fat 0g (0% DV), Saturated Fat 0g (0% DV),
Trans Fat 0g, Cholesterol 0mg (0% DV), Sodium 180mg (8% DV),
Total Carbohydrate 0g (0% DV), Dietary Fiber 0g (0% DV), Total
Sugars 0g (Includes 0g Added Sugars, 0% DV), Protein 0g, Vitamin
D 0mcg (0% DV), Calcium 2mg (0% DV), Iron 0mg (0% DV),
Potassium 2mg (0% DV). The % Daily Value (DV) tells you how much
a nutrient in a serving of food contributes to a daily diet. 2,000
calories a day is used for general nutrition advice.

INGREDIENTS: Salt, Spices, Dehydrated Onion,
Tricalcium Phosphate (prevents caking), Garlic Oil.