



Baked Potatoes with Rib-Eye Steak Hash

 Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



772 kcal

SIDE DISH

Ingredients

- ☐ 4 teaspoons butter
- ☐ 4 servings coarse kosher salt
- ☐ 2 teaspoons marjoram fresh chopped
- ☐ 1 cup heavy whipping cream
- ☐ 2 tablespoons olive oil
- ☐ 1 large onion halved thinly sliced
- ☐ 2 bell peppers red cut into 1/4-inch-wide strips (preferably 1 and 1 orange)
- ☐ 2 jalapeño chiles red halved seeded very thinly sliced

- ☐ 10 ounce rib-eye steak trimmed
- ☐ 4 large russet potatoes (each 10 ounces)

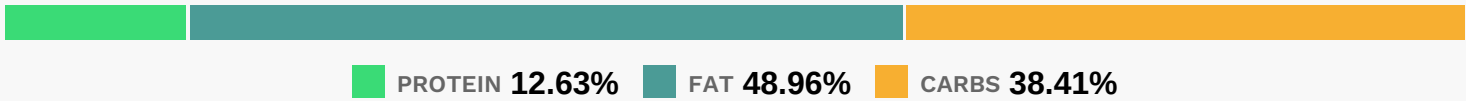
Equipment

- ☐ frying pan
- ☐ baking sheet
- ☐ oven

Directions

- ☐ Preheat oven to 400°F. Rub potatoes with olive oil; sprinkle with coarse salt.
- ☐ Place on baking sheet. Pierce with fork.
- ☐ Bake until tender, about 1 hour.
- ☐ Sprinkle steak with salt and pepper.
- ☐ Heat 2 tablespoons oil in large nonstick skillet over medium-high heat.
- ☐ Add steak and sear until brown but still very rare, about 2 minutes per side.
- ☐ Transfer steak to plate. Reduce heat to medium.
- ☐ Add bell peppers, onion, and jalapeños to skillet. Sauté until peppers are soft and onion caramelizes, about 30 minutes.
- ☐ Cut steak crosswise into 1/4-inch-thick slices. Halve slices lengthwise into strips.
- ☐ Add cream, chopped marjoram, and steak to pepper mixture. Simmer until steak is heated through and cream thickens slightly, about 1 minute. Season to taste with salt and pepper.
- ☐ Cut cross in potatoes and press on sides to open slightly.
- ☐ Add salt, pepper, and 1 teaspoon butter to each and mash slightly with fork. Top each with steak mixture.
- ☐ Garnish with marjoram.

Nutrition Facts



Properties

Glycemic Index:67.69, Glycemic Load:54.2, Inflammation Score:-10, Nutrition Score:33.083478201991%

Flavonoids

Apigenin: 0.12mg, Apigenin: 0.12mg, Apigenin: 0.12mg, Apigenin: 0.12mg Luteolin: 0.38mg, Luteolin: 0.38mg, Luteolin: 0.38mg, Luteolin: 0.38mg Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 7.75mg, Quercetin: 7.75mg, Quercetin: 7.75mg, Quercetin: 7.75mg

Nutrients (% of daily need)

Calories: 772.25kcal (38.61%), Fat: 43.1g (66.31%), Saturated Fat: 21.83g (136.43%), Carbohydrates: 76.08g (25.36%), Net Carbohydrates: 69.29g (25.2%), Sugar: 8.49g (9.43%), Cholesterol: 121.22mg (40.41%), Sodium: 301.99mg (13.13%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 25.02g (50.05%), Vitamin C: 110.45mg (133.88%), Vitamin B6: 1.83mg (91.52%), Vitamin A: 2948.47IU (58.97%), Potassium: 1989.62mg (56.85%), Vitamin B3: 8.04mg (40.22%), Phosphorus: 370.1mg (37.01%), Manganese: 0.71mg (35.43%), Zinc: 5.09mg (33.9%), Selenium: 20.89µg (29.84%), Magnesium: 116.55mg (29.14%), Vitamin B1: 0.43mg (28.77%), Vitamin B2: 0.47mg (27.73%), Iron: 4.9mg (27.24%), Fiber: 6.79g (27.16%), Copper: 0.48mg (23.79%), Folate: 92.5µg (23.12%), Vitamin B12: 1.28µg (21.34%), Vitamin K: 19.04µg (18.13%), Vitamin E: 2.7mg (18.03%), Vitamin B5: 1.52mg (15.17%), Calcium: 107.43mg (10.74%), Vitamin D: 1.02µg (6.82%)