



Dinner Tonight: Black Pepper-Honey Rib Eye



Gluten Free



Dairy Free

READY IN



30 min.

SERVINGS



4

CALORIES



132 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 3 tablespoons wine dry red
- ☐ 3 garlic clove minced
- ☐ 1 teaspoon pepper black
- ☐ 3 tablespoons honey
- ☐ 2 tablespoons olive oil extra virgin extra-virgin
- ☐ 6 inch beef rib steak thick (t-bone or sirloin would work, too)
- ☐ 4 servings salt

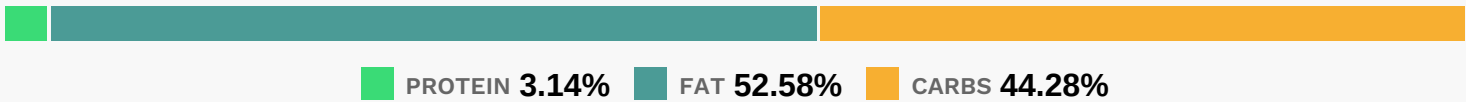
Equipment

- ☐ frying pan
- ☐ aluminum foil

Directions

- ☐ Mix together the red wine, honey, garlic, and black pepper in a shallow dish.
- ☐ Add the steaks, and toss them in the mixture.
- ☐ Let the steaks hang out at room temperature for 15 minutes or so, flipping them occasionally.
- ☐ Pat the steaks dry with some pepper towels, and then season them salt.
- ☐ Pour one tablespoon of the olive oil into a large cast iron skillet set over medium-high heat. When just starting to smoke, add two of the steaks. Cook until both are well browned, four to five minutes, and then flip both. Cook until both are browned on the other side, four to five minutes. They should both be about medium-rare. If not, reduce heat to medium-low and cook until done. Set the steaks aside on a plate and cover with foil. Then repeat process with remaining two steaks.
- ☐ Serve the steaks with roasted potatoes, or, you know, maybe a green vegetable.

Nutrition Facts



Properties

Glycemic Index:28.57, Glycemic Load:7.04, Inflammation Score:-1, Nutrition Score:1.5508695635945%

Flavonoids

Petunidin: 0.37mg, Petunidin: 0.37mg, Petunidin: 0.37mg, Petunidin: 0.37mg Delphinidin: 0.47mg, Delphinidin: 0.47mg, Delphinidin: 0.47mg, Delphinidin: 0.47mg Malvidin: 2.95mg, Malvidin: 2.95mg, Malvidin: 2.95mg, Malvidin: 2.95mg Peonidin: 0.21mg, Peonidin: 0.21mg, Peonidin: 0.21mg, Peonidin: 0.21mg Catechin: 0.87mg, Catechin: 0.87mg, Catechin: 0.87mg, Catechin: 0.87mg Epicatechin: 1.2mg, Epicatechin: 1.2mg, Epicatechin: 1.2mg, Epicatechin: 1.2mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg

Nutrients (% of daily need)

Calories: 131.63kcal (6.58%), Fat: 7.57g (11.64%), Saturated Fat: 1.21g (7.59%), Carbohydrates: 14.34g (4.78%), Net Carbohydrates: 14.13g (5.14%), Sugar: 12.96g (14.4%), Cholesterol: 2.32mg (0.77%), Sodium: 197.02mg (8.57%),

Alcohol: 1.18g (100%), Alcohol %: 3.65% (100%), Protein: 1.02g (2.03%), Vitamin E: 1.01mg (6.77%), Manganese: 0.11mg (5.72%), Vitamin K: 5.13µg (4.88%), Vitamin B6: 0.05mg (2.42%), Selenium: 1.4µg (2%), Zinc: 0.26mg (1.75%), Iron: 0.26mg (1.44%), Vitamin B3: 0.23mg (1.14%), Copper: 0.02mg (1.11%), Vitamin B2: 0.02mg (1.09%), Vitamin B12: 0.06µg (1.05%), Phosphorus: 10.35mg (1.03%)