



## Grecian Skillet Rib Eyes

 **Gluten Free**

READY IN



**25 min.**

SERVINGS



**4**

CALORIES



**300 kcal**

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- ☐ 1.5 teaspoons basil leaves dried crushed
- ☐ 2 tablespoons feta cheese crumbled
- ☐ 1.5 teaspoons garlic powder
- ☐ 1 tablespoon kalamata pitted ripe chopped
- ☐ 1 tablespoon juice of lemon fresh
- ☐ 1 tablespoon olive oil
- ☐ 1.5 teaspoons oregano leaves dried crushed
- ☐ 0.5 teaspoon pepper

- ☐ 1 pound well-trimmed beef rib eye steaks cut
- ☐ 0.5 teaspoon salt

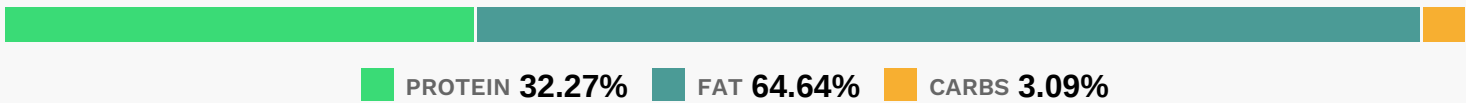
## Equipment

- ☐ frying pan

## Directions

- ☐ Combine seasoning ingredients; press into both sides of beef steaks. In large nonstick skillet, heat oil over medium heat until hot.
- ☐ Place steaks in skillet; cook approx. 10 to 14 minutes for medium rare to medium doneness, turning once.
- ☐ Sprinkle with lemon juice.
- ☐ To serve, sprinkle cheese and olives over steaks; garnish as desired.

## Nutrition Facts



## Properties

Glycemic Index:17.25, Glycemic Load:0.17, Inflammation Score:-6, Nutrition Score:13.193043454834%

## Flavonoids

Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

## Nutrients (% of daily need)

Calories: 300.27kcal (15.01%), Fat: 21.74g (33.45%), Saturated Fat: 8.81g (55.09%), Carbohydrates: 2.34g (0.78%), Net Carbohydrates: 1.64g (0.6%), Sugar: 0.17g (0.19%), Cholesterol: 76.74mg (25.58%), Sodium: 479.06mg (20.83%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 24.42g (48.84%), Selenium: 29.29µg (41.85%), Zinc: 6.15mg (40.99%), Vitamin B12: 2.03µg (33.77%), Vitamin B3: 5.71mg (28.55%), Vitamin B6: 0.52mg (26.15%), Vitamin B2: 0.35mg (20.82%), Phosphorus: 199.51mg (19.95%), Iron: 2.74mg (15.23%), Vitamin K: 15.49µg (14.76%), Potassium: 350.03mg (10%), Vitamin B1: 0.12mg (8.07%), Magnesium: 31.87mg (7.97%), Calcium: 73.7mg (7.37%), Manganese: 0.12mg (6.03%), Copper: 0.12mg (5.82%), Vitamin E: 0.79mg (5.26%), Fiber: 0.7g (2.81%), Folate: 10.44µg (2.61%), Vitamin C: 1.49mg (1.8%), Vitamin A: 77.88IU (1.56%), Vitamin B5: 0.11mg (1.09%)