



Grilled Grass-Fed Rib-Eye Steaks with Balsamic-Caper Vinaigrette

 Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



189 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.5 cup balsamic vinegar
- ☐ 1.5 teaspoons pepper black freshly ground
- ☐ 2 tablespoons capers drained
- ☐ 2 teaspoons coarse kosher salt
- ☐ 2 teaspoons thyme leaves fresh
- ☐ 3 garlic cloves pressed
- ☐ 0.3 cup olive oil extra-virgin plus more for steaks and grill

- ☐ 0.3 cup parsley fresh italian chopped
- ☐ 0.3 teaspoon pepper dried red crushed
- ☐ 4.8 inch thick rib-eye steaks grass-fed
- ☐ 0.5 cup shallots minced
- ☐ 4 teaspoons paprika smoked

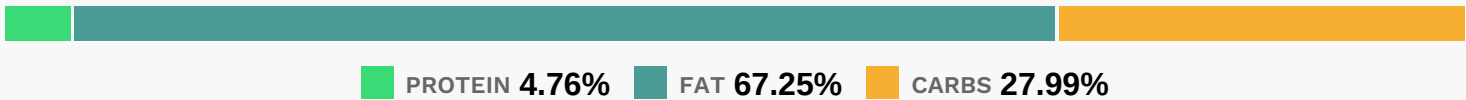
Equipment

- ☐ frying pan
- ☐ whisk
- ☐ grill

Directions

- ☐ Simmer vinegar in small pan over mediumheat until reduced to 1/4 cup, about 6 minutes.
- ☐ Add shallots, 1/4 cup oil, and crushed redpepper; return to simmer.
- ☐ Remove fromheat; whisk in parsley, capers, and thyme.Season vinaigrette with salt and pepper.
- ☐ Rub both sides of steaks with oil andgarlic.
- ☐ Mix paprika, 2 teaspoons coarse salt,and 1 1/2 teaspoons black pepper in smallbowl.
- ☐ Sprinkle on both sides of steaks.
- ☐ Letstand at least 15 minutes and up to 1 hour.
- ☐ Prepare barbecue (medium-high heat).
- ☐ Brush grill rack with oil to coat. Grill steaksuntil cooked to desired doneness, about 3minutes per side for medium-rare.
- ☐ Transfersteaks to plates. Spoon vinaigrette over.
- ☐ * Available at some supermarkets, atspecialty foods stores, and from tienda.com.

Nutrition Facts



Properties

Glycemic Index:58.5, Glycemic Load:4.36, Inflammation Score:-9, Nutrition Score:9.5695650404238%

Flavonoids

Apigenin: 8.12mg, Apigenin: 8.12mg, Apigenin: 8.12mg, Apigenin: 8.12mg Luteolin: 0.51mg, Luteolin: 0.51mg, Luteolin: 0.51mg, Luteolin: 0.51mg Kaempferol: 5.32mg, Kaempferol: 5.32mg, Kaempferol: 5.32mg, Kaempferol: 5.32mg Myricetin: 0.59mg, Myricetin: 0.59mg, Myricetin: 0.59mg, Myricetin: 0.59mg Quercetin: 6.95mg, Quercetin: 6.95mg, Quercetin: 6.95mg, Quercetin: 6.95mg

Nutrients (% of daily need)

Calories: 189.46kcal (9.47%), Fat: 14.35g (22.07%), Saturated Fat: 2.13g (13.34%), Carbohydrates: 13.44g (4.48%), Net Carbohydrates: 11.12g (4.05%), Sugar: 7.38g (8.2%), Cholesterol: 1.84mg (0.61%), Sodium: 1292.35mg (56.19%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.28g (4.57%), Vitamin K: 73.9µg (70.38%), Vitamin A: 1397.01IU (27.94%), Vitamin E: 2.66mg (17.72%), Manganese: 0.32mg (16.23%), Vitamin C: 9.85mg (11.94%), Vitamin B6: 0.2mg (9.87%), Iron: 1.75mg (9.73%), Fiber: 2.32g (9.27%), Potassium: 238.43mg (6.81%), Magnesium: 21.09mg (5.27%), Copper: 0.1mg (4.79%), Folate: 18.43µg (4.61%), Calcium: 43.83mg (4.38%), Phosphorus: 43.06mg (4.31%), Vitamin B2: 0.06mg (3.33%), Zinc: 0.5mg (3.33%), Vitamin B3: 0.54mg (2.7%), Vitamin B1: 0.04mg (2.47%), Selenium: 1.65µg (2.36%), Vitamin B5: 0.18mg (1.81%)