



Grilled Prime Rib Steaks with Bourbon-BBQ Baste and Spice Rubbed Grilled Vidalia Onions

READY IN



45 min.

SERVINGS



6

CALORIES



759 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 tablespoon ancho chili powder
- ☐ 3 tablespoons ancho chili powder
- ☐ 1 teaspoon pepper black freshly ground
- ☐ 2 cups bourbon
- ☐ 6 servings canola oil
- ☐ 1 teaspoon cayenne powder
- ☐ 1 tablespoon chipotle pepper puree

- ☐ 2 tablespoons brown sugar dark
- ☐ 2 tablespoons dijon mustard
- ☐ 1 teaspoon mustard dry
- ☐ 3 cloves garlic coarsely chopped
- ☐ 2 teaspoons ground coriander
- ☐ 2 teaspoons ground cumin
- ☐ 2 tablespoon honey
- ☐ 0.3 cup catsup
- ☐ 2 teaspoons kosher salt
- ☐ 0.3 cup blackstrap molasses
- ☐ 1 tablespoon olive oil
- ☐ 1 large onion spanish coarsely chopped
- ☐ 1 teaspoon oregano dried
- ☐ 2 tablespoons paprika
- ☐ 3 cups plum tomatoes and their juices pureed canned
- ☐ 0.3 cup red wine vinegar
- ☐ 2 rib-eye steaks thick
- ☐ 6 servings salt and pepper freshly ground
- ☐ 2 tablespoons butter unsalted
- ☐ 4 vidalia onions peeled sliced into 1/ slices
- ☐ 2 cups water
- ☐ 2 tablespoons worcestershire sauce

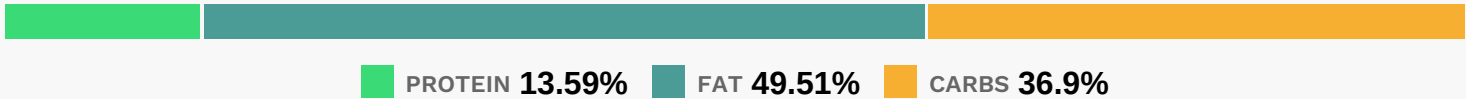
Equipment

- ☐ food processor
- ☐ bowl
- ☐ sauce pan
- ☐ whisk
- ☐ grill

Directions

- ☐ Heat the butter and oil over medium heat in a heavy-bottomed medium saucepan.
- ☐ Add the onions and garlic and cook until translucent, 3 to 4 minutes.
- ☐ Add 2 cups bourbon and cook until completely reduced.
- ☐ Add the tomatoes and water, bring to a boil, and then simmer for 10 minutes.
- ☐ Add the remaining ingredients, excluding the salt, pepper, and steaks, and simmer for an additional 20 to 25 minutes, stirring occasionally.
- ☐ Transfer the mixture to a food processor and puree until smooth. Season with salt and pepper, to taste.
- ☐ Pour into a bowl and allow to cool slightly.
- ☐ Whisk in the remaining 2 tablespoons of bourbon.
- ☐ Heat grill to high. Season steaks on both sides liberally with salt and pepper and rub some of the spice rub from the onions onto 1 side of the steaks.
- ☐ Place steaks on grill, spice rub side down, and grill until slightly charred and crusty, about 4 to 5 minutes.
- ☐ Brush the steaks with some of the Bourbon-BBQ baste and turn steaks over; reduce heat of the grill to medium-low and cook to medium-rare doneness, about 8 to 9 minutes longer.
- ☐ Brush with the Bourbon-BBQ baste every 2 minutes.
- ☐ Remove from the grill, brush with more of the baste, and let rest for 5 minutes before slicing into 1/4-inch thick slices.
- ☐ Heat grill to high.
- ☐ Whisk together all spices in a small bowl until combined.
- ☐ Brush onions with oil on both sides. Rub 1 side of each onion with some of the spice mixture and place rub side down on the grill. Grill until golden brown and a crust has formed. Turn the onions over and continue grilling until just cooked through.
- ☐ Serve with the steaks.

Nutrition Facts



Properties

Glycemic Index:54.55, Glycemic Load:9.66, Inflammation Score:-10, Nutrition Score:29.409565210342%

Flavonoids

Epigallocatechin 3-gallate: 0.18mg, Epigallocatechin 3-gallate: 0.18mg, Epigallocatechin 3-gallate: 0.18mg, Epigallocatechin 3-gallate: 0.18mg Naringenin: 0.8mg, Naringenin: 0.8mg, Naringenin: 0.8mg, Naringenin: 0.8mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg Kaempferol: 2.79mg, Kaempferol: 2.79mg, Kaempferol: 2.79mg, Kaempferol: 2.79mg Myricetin: 2.7mg, Myricetin: 2.7mg, Myricetin: 2.7mg, Myricetin: 2.7mg Quercetin: 37.91mg, Quercetin: 37.91mg, Quercetin: 37.91mg, Quercetin: 37.91mg

Nutrients (% of daily need)

Calories: 758.78kcal (37.94%), Fat: 33.05g (50.84%), Saturated Fat: 8.81g (55.06%), Carbohydrates: 55.42g (18.47%), Net Carbohydrates: 47.22g (17.17%), Sugar: 39.88g (44.32%), Cholesterol: 55.99mg (18.66%), Sodium: 1357.83mg (59.04%), Alcohol: 26.72g (100%), Alcohol %: 4.9% (100%), Protein: 20.41g (40.81%), Vitamin A: 4060.83IU (81.22%), Vitamin B6: 1.03mg (51.34%), Vitamin E: 6.67mg (44.45%), Manganese: 0.87mg (43.6%), Selenium: 26.47µg (37.82%), Vitamin C: 30.9mg (37.46%), Potassium: 1284.46mg (36.7%), Zinc: 5.01mg (33.43%), Fiber: 8.2g (32.81%), Vitamin K: 33.86µg (32.25%), Iron: 5.68mg (31.56%), Vitamin B3: 6.05mg (30.26%), Magnesium: 111.74mg (27.94%), Phosphorus: 261.44mg (26.14%), Copper: 0.49mg (24.34%), Vitamin B2: 0.38mg (22.31%), Vitamin B12: 1.26µg (20.97%), Folate: 82.02µg (20.5%), Vitamin B1: 0.27mg (18.13%), Calcium: 159.7mg (15.97%), Vitamin B5: 0.63mg (6.25%)