



Grilled Rib-eye Steaks with Miso Butter

 Gluten Free

READY IN



40 min.

SERVINGS



4

CALORIES



891 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 tablespoon chives fresh finely minced
- ☐ 1.5 teaspoons garlic minced
- ☐ 2 tablespoons miso paste white yellow (see Notes)
- ☐ 3 tbsp olive oil divided
- ☐ 4 rib-eye steaks boneless thick
- ☐ 4 servings salt and pepper black freshly ground
- ☐ 4 onions sweet such as walla walla or maui
- ☐ 0.5 cup butter unsalted softened

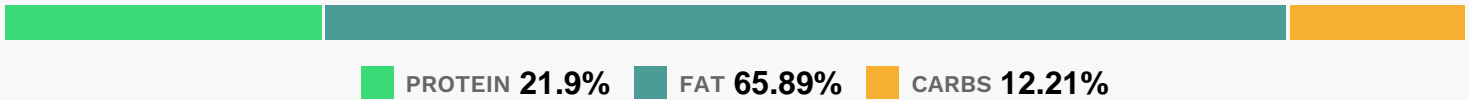
Equipment

- ☐ bowl
- ☐ plastic wrap
- ☐ grill

Directions

- ☐ In a small bowl, stir together butter, miso, chives, and garlic. Spoon butter mixture onto a square of plastic wrap, fold plastic over butter from the top and the bottom, and use your hands to form it into a log shape about 1 1/2 in. thick. Twist sides to close. Put in freezer for 30 minutes or until firm.
- ☐ Meanwhile, rinse steaks, pat dry, and season well with salt and pepper; set aside at room temperature, 15 to 25 minutes. Peel onions and cut in half crosswise. Trim about 1/2 in. off rounded sides of each onion so halves lie flat. Rub onions with some olive oil and salt and pepper to taste.
- ☐ Prepare a gas or charcoal grill for medium-high heat (you can hold your hand 1 to 2 in. above cooking grate for only 3 to 4 seconds). Grill onions 2 minutes, then add steaks and grill until nicely browned, 3 to 4 minutes. Turn everything over. Onions will need another 6 to 8 minutes, until they're softened and nicely browned. For steaks, cook an additional 2 to 4 minutes for rare, 5 to 7 minutes for medium-rare, and 8 to 15 minutes for well done (cut to check).
- ☐ Top each steak with 2 tsp. miso butter (you will have some butter left over).
- ☐ Serve with onions and a simple green salad if you like.

Nutrition Facts



Properties

Glycemic Index:42, Glycemic Load:1.16, Inflammation Score:-9, Nutrition Score:30.259999866071%

Flavonoids

Epigallocatechin 3-gallate: 0.26mg, Epigallocatechin 3-gallate: 0.26mg, Epigallocatechin 3-gallate: 0.26mg, Epigallocatechin 3-gallate: 0.26mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Isorhamnetin: 0.05mg, Isorhamnetin:

0.05mg, Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg Kaempferol: 3.85mg, Kaempferol: 3.85mg, Kaempferol: 3.85mg, Kaempferol: 3.85mg Myricetin: 3.79mg, Myricetin: 3.79mg, Myricetin: 3.79mg, Myricetin: 3.79mg Quercetin: 48.12mg, Quercetin: 48.12mg, Quercetin: 48.12mg, Quercetin: 48.12mg

Nutrients (% of daily need)

Calories: 891.25kcal (44.56%), Fat: 66.26g (101.94%), Saturated Fat: 30.33g (189.56%), Carbohydrates: 27.64g (9.21%), Net Carbohydrates: 24.13g (8.77%), Sugar: 17.19g (19.1%), Cholesterol: 198.87mg (66.29%), Sodium: 464.61mg (20.2%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 49.55g (99.11%), Selenium: 57.85µg (82.64%), Zinc: 12.29mg (81.9%), Vitamin B6: 1.37mg (68.25%), Vitamin B12: 3.81µg (63.44%), Vitamin B3: 11.61mg (58.04%), Phosphorus: 437.45mg (43.74%), Vitamin B2: 0.64mg (37.53%), Potassium: 1032.4mg (29.5%), Iron: 5.06mg (28.14%), Vitamin B1: 0.35mg (23.15%), Folate: 86.21µg (21.55%), Magnesium: 82.66mg (20.67%), Copper: 0.41mg (20.39%), Vitamin C: 16.67mg (20.21%), Manganese: 0.36mg (18%), Vitamin K: 16.96µg (16.15%), Vitamin A: 786.99IU (15.74%), Vitamin E: 2.24mg (14.94%), Fiber: 3.51g (14.02%), Calcium: 96.95mg (9.69%), Vitamin D: 0.65µg (4.34%), Vitamin B5: 0.39mg (3.95%)