



 **15%**
HEALTH SCORE

Grilled Rib-Eye Steaks with Parsley-Garlic Butter

 **Gluten Free**

READY IN



45 min.

SERVINGS



6

CALORIES



612 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.5 cup butter softened (1 stick)
- 2 teaspoons cognac
- 1 tablespoon chives fresh chopped
- 1 tablespoon parsley fresh finely chopped
- 1 garlic clove pressed
- 3 pound beef rib steak
- 6 servings salt and pepper

Equipment

grill

Directions

- Grill steaks to desired doneness, about 6 minutes per side for medium-rare.
- Cut each steak in half, top with spoonful of chilled butter, and serve.

Nutrition Facts

PROTEIN 30.01% **FAT 69.83%** **CARBS 0.16%**

Properties

Glycemic Index:28.67, Glycemic Load:0.06, Inflammation Score:-5, Nutrition Score:21.789565167997%

Flavonoids

Apigenin: 1.44mg, Apigenin: 1.44mg, Apigenin: 1.44mg, Apigenin: 1.44mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 612.35kcal (30.62%), Fat: 47.42g (72.96%), Saturated Fat: 23.99g (149.94%), Carbohydrates: 0.24g (0.08%), Net Carbohydrates: 0.2g (0.07%), Sugar: 0.03g (0.03%), Cholesterol: 179.02mg (59.67%), Sodium: 433.85mg (18.86%), Alcohol: 0.56g (100%), Alcohol %: 0.28% (100%), Protein: 45.86g (91.72%), Selenium: 55.6µg (79.43%), Zinc: 11.67mg (77.79%), Vitamin B12: 3.8µg (63.28%), Vitamin B3: 11.13mg (55.64%), Vitamin B6: 0.91mg (45.65%), Phosphorus: 332.63mg (33.26%), Vitamin B2: 0.55mg (32.37%), Iron: 3.96mg (22.03%), Potassium: 619.61mg (17.7%), Vitamin K: 16.73µg (15.94%), Vitamin B1: 0.2mg (13.51%), Magnesium: 48.68mg (12.17%), Vitamin A: 584.72IU (11.69%), Copper: 0.18mg (9.03%), Vitamin E: 0.45mg (2.97%), Calcium: 22.82mg (2.28%), Folate: 8.92µg (2.23%), Vitamin C: 1.33mg (1.62%), Vitamin D: 0.23µg (1.51%)