



HEALTH SCORE

54%

Grilled Rib-Eye Steaks with Roasted Peppers



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



481 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 4 teaspoons anchovy mashed
- ☐ 2 tablespoons savoury dried fresh minced
- ☐ 2 tablespoons parsley fresh minced
- ☐ 2 tablespoons thyme sprigs fresh minced
- ☐ 4 garlic clove minced
- ☐ 2 bell pepper green
- ☐ 0.7 cup olive oil
- ☐ 3 bell pepper red

- ☐ 56 ounce beef rib steak thick trimmed (each)
- ☐ 3 bell pepper yellow

Equipment

- ☐ bowl
- ☐ whisk
- ☐ grill
- ☐ broiler
- ☐ cutting board

Directions

- ☐ Whisk 1/3 cup oil, thyme, savory and 2 teaspoons anchovies in 13x9x2-inch glass dish to blend.
- ☐ Add steaks; turn to coat.
- ☐ Let stand at room temperature 1 hour, or cover and refrigerate overnight.
- ☐ Char all peppers over gas flame, in broiler or on barbecue until blackened on all sides. Enclose peppers in paper bag 10 minutes. Peel, seed and cut peppers into 1/2-inch-wide strips.
- ☐ Mix 1/3 cup oil, 2 teaspoons anchovies and garlic in large bowl to blend.
- ☐ Add peppers. Season with salt and pepper. (Can be made 1 day ahead. Cover and chill. Bring peppers to room temperature before continuing.)
- ☐ Prepare barbecue (medium-high heat).
- ☐ Remove steaks from marinade; pat dry.
- ☐ Sprinkle steaks with salt and pepper. Grill steaks to desired doneness, about 6 minutes per side for medium-rare.
- ☐ Transfer to cutting board.
- ☐ Let stand 5 minutes.
- ☐ Cut steaks diagonally into thin slices. Divide meat among plates. Spoon peppers next to meat.
- ☐ Pour any juices from cutting board over peppers.
- ☐ Sprinkle with parsley and serve.

Nutrition Facts



 **PROTEIN 34.07%**  **FAT 59.18%**  **CARBS 6.75%**

Properties

Glycemic Index:18.63, Glycemic Load:0.88, Inflammation Score:-10, Nutrition Score:29.198260830796%

Flavonoids

Apigenin: 2.21mg, Apigenin: 2.21mg, Apigenin: 2.21mg, Apigenin: 2.21mg Luteolin: 2.95mg, Luteolin: 2.95mg, Luteolin: 2.95mg, Luteolin: 2.95mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Myricetin: 0.27mg, Myricetin: 0.27mg, Myricetin: 0.27mg, Myricetin: 0.27mg Quercetin: 1.25mg, Quercetin: 1.25mg, Quercetin: 1.25mg, Quercetin: 1.25mg

Nutrients (% of daily need)

Calories: 481.23kcal (24.06%), Fat: 32.06g (49.33%), Saturated Fat: 13.08g (81.73%), Carbohydrates: 8.22g (2.74%), Net Carbohydrates: 5.84g (2.12%), Sugar: 2.61g (2.9%), Cholesterol: 121.65mg (40.55%), Sodium: 108.97mg (4.74%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 41.53g (83.06%), Vitamin C: 167.78mg (203.36%), Selenium: 49.2µg (70.29%), Zinc: 10.5mg (70.03%), Vitamin B12: 3.3µg (55.01%), Vitamin B6: 1.1mg (54.97%), Vitamin B3: 10.91mg (54.54%), Vitamin A: 1819.97IU (36.4%), Phosphorus: 321.2mg (32.12%), Vitamin B2: 0.55mg (32.07%), Iron: 4.55mg (25.26%), Vitamin K: 25.96µg (24.72%), Potassium: 804mg (22.97%), Vitamin B1: 0.24mg (15.68%), Magnesium: 61.33mg (15.33%), Copper: 0.25mg (12.59%), Manganese: 0.23mg (11.32%), Folate: 43.5µg (10.88%), Fiber: 2.38g (9.53%), Vitamin E: 1.35mg (8.99%), Calcium: 48.25mg (4.82%), Vitamin B5: 0.27mg (2.72%), Vitamin D: 0.2µg (1.32%)