



Grilled Rib-Eye Steaks with Roasted Rosemary Potatoes



Gluten Free



Dairy Free



Low Fod Map

READY IN



90 min.

SERVINGS



20

CALORIES



136 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 20 servings pepper black freshly ground
- ☐ 0.3 cup olive oil extra-virgin
- ☐ 2 rib-eye steaks boneless
- ☐ 10 inch rosemary sprig
- ☐ 20 servings salt
- ☐ 3 pounds yukon gold potatoes peeled cut into 1-inch cubes

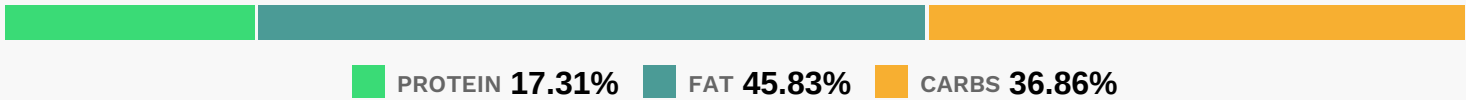
Equipment

- ☐ baking sheet
- ☐ sauce pan
- ☐ oven
- ☐ grill
- ☐ grill pan
- ☐ cutting board

Directions

- ☐ Preheat the oven to 40
- ☐ In a large saucepan, cover the potatoes with cold water.
- ☐ Add a large pinch of salt and bring to a boil. Simmer over moderately high heat until tender, about 12 minutes.
- ☐ Drain.
- ☐ Return the potatoes to the saucepan and shake over moderately high heat until the potatoes are dry, 10 seconds.
- ☐ Spread the potatoes and rosemary sprigs on a rimmed baking sheet.
- ☐ Drizzle with the olive oil, season with salt and black pepper and toss to coat. Roast for 45 minutes, stirring a few times, until the potatoes are sizzling and starting to brown. Tilt the baking sheet and pour off any excess oil. Roast the potatoes for 15 minutes longer, until browned and crisp.
- ☐ Meanwhile, light a grill or preheat a grill pan. Season the steaks with salt and black pepper and grill over high heat, turning once, until well-browned and medium-rare, 8 minutes.
- ☐ Transfer the steaks to a cutting board and let rest for 5 minutes. Carve the steaks into thick slices and serve with the potatoes.

Nutrition Facts



Properties

Glycemic Index:9.29, Glycemic Load:8.9, Inflammation Score:-3, Nutrition Score:6.259565230297%

Flavonoids

Kaempferol: 0.54mg, Kaempferol: 0.54mg, Kaempferol: 0.54mg, Kaempferol: 0.54mg Quercetin: 0.48mg, Quercetin: 0.48mg, Quercetin: 0.48mg, Quercetin: 0.48mg

Nutrients (% of daily need)

Calories: 135.68kcal (6.78%), Fat: 7.05g (10.85%), Saturated Fat: 2.03g (12.69%), Carbohydrates: 12.76g (4.25%), Net Carbohydrates: 10.7g (3.89%), Sugar: 0.53g (0.59%), Cholesterol: 13.79mg (4.6%), Sodium: 210.35mg (9.15%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.99g (11.99%), Vitamin C: 14.18mg (17.19%), Vitamin B6: 0.31mg (15.66%), Potassium: 360.55mg (10.3%), Zinc: 1.4mg (9.33%), Vitamin B3: 1.84mg (9.19%), Selenium: 5.78µg (8.26%), Fiber: 2.06g (8.25%), Iron: 1.32mg (7.35%), Phosphorus: 72.37mg (7.24%), Manganese: 0.14mg (7.05%), Vitamin B12: 0.38µg (6.25%), Magnesium: 23.36mg (5.84%), Vitamin B1: 0.08mg (5.4%), Copper: 0.1mg (4.98%), Vitamin B2: 0.08mg (4.79%), Folate: 15.48µg (3.87%), Vitamin K: 3.96µg (3.77%), Vitamin E: 0.53mg (3.51%), Calcium: 26.6mg (2.66%), Vitamin B5: 0.2mg (2.03%)