



Grilled Rib Eyes with Mushrooms and Fish Sauce

 Gluten Free

READY IN



35 min.

SERVINGS



35

CALORIES



92 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 2 tablespoons asian fish sauce
- ☐ 1 cayenne pepper
- ☐ 2 tablespoons chives snipped
- ☐ 2 pounds mushrooms mixed such as cremini, oyster and shiitake, stemmed and thinly sliced
- ☐ 2 tablespoons olive oil extra-virgin
- ☐ 40 ounces eye steaks
- ☐ 35 servings salt and pepper black freshly ground

- ☐ 2 large shallots thinly sliced
- ☐ 2 tablespoons tarragon chopped
- ☐ 2 tablespoons butter unsalted

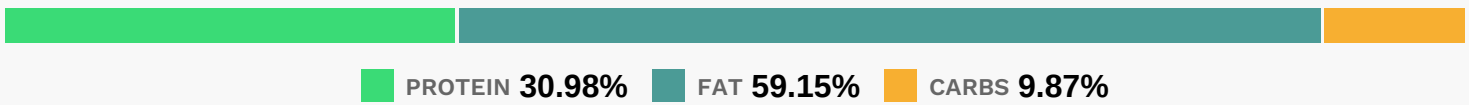
Equipment

- ☐ frying pan
- ☐ grill
- ☐ grill pan

Directions

- ☐ In a large nonstick skillet, melt the butter in the 2 tablespoons of olive oil.
- ☐ Add the shallots and mixed mushrooms and cook over high heat, stirring occasionally, until the mushrooms are browned and their liquid is evaporated, about 8 minutes.
- ☐ Add the fish sauce and cayenne and cook for 1 minute. Stir in the tarragon and chives, cover and keep warm.
- ☐ Preheat a grill pan.
- ☐ Brush the steaks with olive oil and season with salt and black pepper. Grill over moderately high heat for 3 to 4 minutes per side for medium-rare meat.
- ☐ Transfer the steaks to plates. Top with the mushrooms and serve.

Nutrition Facts



Properties

Glycemic Index:6.89, Glycemic Load:0.55, Inflammation Score:-1, Nutrition Score:5.0656521424003%

Flavonoids

Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 91.97kcal (4.6%), Fat: 6.2g (9.53%), Saturated Fat: 2.57g (16.06%), Carbohydrates: 2.33g (0.78%), Net Carbohydrates: 1.57g (0.57%), Sugar: 0.77g (0.86%), Cholesterol: 21.48mg (7.16%), Sodium: 100.48mg (4.37%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 7.3g (14.61%), Selenium: 9.53µg (13.61%), Vitamin B3: 2.66mg (13.29%), Zinc: 1.96mg (13.04%), Vitamin B6: 0.23mg (11.26%), Vitamin B12: 0.54µg (9.07%), Vitamin B2: 0.14mg (8.28%), Phosphorus: 78.4mg (7.84%), Manganese: 0.11mg (5.6%), Potassium: 188.05mg (5.37%), Iron: 0.84mg (4.65%), Vitamin B5: 0.4mg (3.97%), Magnesium: 15.78mg (3.94%), Copper: 0.07mg (3.42%), Fiber: 0.76g (3.04%), Vitamin B1: 0.03mg (2.32%), Folate: 6.7µg (1.67%), Vitamin K: 1.59µg (1.51%), Vitamin A: 61.73IU (1.23%)