



Hickory-Grilled Rib-Eye Steaks with Bacon-Molasses Butter

 Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



716 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 6 slices bacon thick
- 6 tablespoons butter room temperature ()
- 0.3 cup blackstrap molasses light ()
- 6 beef rib steak (each)

Equipment

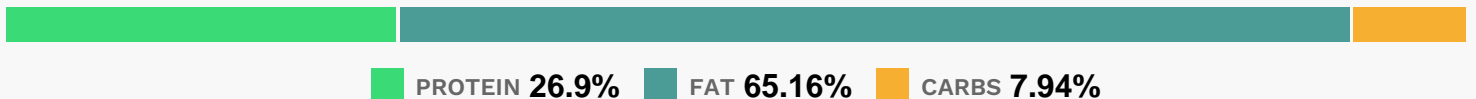
- bowl
- frying pan

- baking sheet
- oven
- grill
- aluminum foil

Directions

- Position rack in top third of oven and preheat to 375°F. Line small baking sheet with foil. Arrange bacon slices on foil; brush bacon with all of molasses, then sprinkle with pepper.
- Bake until bacon is cooked through but not crisp, about 15 minutes.
- Transfer bacon to work surface; cool. Chop bacon; transfer to small bowl.
- Add butter and stir to blend. Season to taste with salt and pepper. (Can be made 1 day ahead. Cover; chill. Bring to room temperature before using.)
- Prepare barbecue (medium-high heat). When coals are white, spread wood chips in 8x8-inch disposable aluminum foil pan; place pan directly atop coals.
- Sprinkle steaks with salt and pepper. When chips are smoking, place steaks on grill rack. Cover grill and cook steaks to desired doneness, about 4 minutes per side for medium-rare.
- Transfer steaks to plates. Spoon bacon-molasses butter atop each and serve.

Nutrition Facts



Properties

Glycemic Index:15.67, Glycemic Load:6.16, Inflammation Score:-5, Nutrition Score:24.781739286754%

Nutrients (% of daily need)

Calories: 716.49kcal (35.82%), Fat: 52.06g (80.09%), Saturated Fat: 24.34g (152.12%), Carbohydrates: 14.28g (4.76%), Net Carbohydrates: 14.28g (5.19%), Sugar: 13.99g (15.55%), Cholesterol: 182.48mg (60.83%), Sodium: 360.11mg (15.66%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 48.37g (96.73%), Selenium: 63.04µg (90.06%), Zinc: 11.92mg (79.47%), Vitamin B12: 3.89µg (64.76%), Vitamin B3: 12.13mg (60.65%), Vitamin B6: 1.09mg (54.31%), Phosphorus: 366.28mg (36.63%), Vitamin B2: 0.56mg (33.12%), Iron: 4.86mg (27.02%), Potassium: 925.94mg (26.46%), Magnesium: 95.69mg (23.92%), Vitamin B1: 0.27mg (17.87%), Manganese: 0.29mg (14.44%), Copper: 0.28mg (13.83%), Vitamin A: 391.9IU (7.84%), Calcium: 58.66mg (5.87%), Vitamin K: 4.37µg (4.16%), Vitamin B5: 0.29mg (2.88%), Vitamin E: 0.42mg (2.8%), Vitamin D: 0.31µg (2.09%), Folate: 7.2µg (1.8%)