



Jan's Cowboy Steak with Tomato Relish

 Gluten Free  Dairy Free

READY IN



95 min.

SERVINGS



2

CALORIES



583 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 tablespoons balsamic vinegar
- 2 tablespoons sea salt
- 1 tablespoon cilantro leaves fresh chopped
- 1 tablespoon parsley leaves fresh chopped
- 1 teaspoon coarsely ground coffee beans
- 1 teaspoon coarsely ground coriander seed
- 1 jalapeño diced seeded finely
- 0.5 cup olive oil extra-virgin

- 2 tablespoons olive oil divided
- 1 rib-eye steak bone-in (approximately 36 ounces)
- 2 servings salt and pepper black freshly ground
- 2 medium shallots diced finely
- 2 pints baby tomatoes assorted (pear tomatoes, cherry tomatoes)
- 1 teaspoon coarsely ground peppercorns black

Equipment

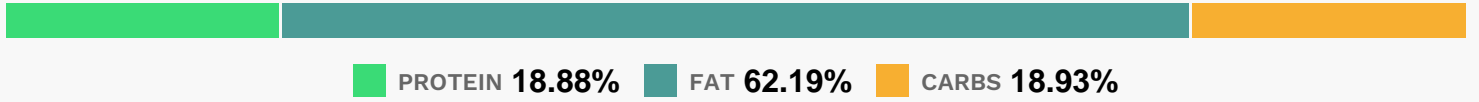
- bowl
- frying pan
- oven
- wire rack
- kitchen thermometer
- cutting board

Directions

- Mix the ingredients for the spice mix together.
- Remove the steak from refrigeration 1 hour before cooking to allow steak to come to room temperature. Rub the steak with 1 tablespoon olive oil, then rub the spice mix on to the steak. Set aside.
- Remove stems from tomatoes and cut the larger ones in half. In a bowl, combine the tomatoes, jalapeno, shallots, balsamic vinegar, olive oil, parsley, cilantro and salt and pepper.
- Preheat oven to 450 degrees F.
- In a large cast iron skillet or saute pan, heat 1 tablespoon olive oil. When smoking hot sear the steak on all sides and place in the preheated oven. Allow the steak to roast until its internal temperature is 100 to 105 degrees F on a meat thermometer.
- Remove it from the oven and place steak on a cooling rack. Allow the steak to rest on the rack for 10 minutes.
- Remove the steak to a cutting board and slice 4 to 5 slices out of the eye of the steak, leaving some meat on the bone. Spoon the tomato relish over the top of the steak where the bone meets the slices.

This dish is great with medium to heavy red wine or with a medium to intense beer.

Nutrition Facts



Properties

Glycemic Index:120, Glycemic Load:2.77, Inflammation Score:-10, Nutrition Score:33.714347963748%

Flavonoids

Apigenin: 4.37mg, Apigenin: 4.37mg, Apigenin: 4.37mg, Apigenin: 4.37mg Luteolin: 0.24mg, Luteolin: 0.24mg, Luteolin: 0.24mg, Luteolin: 0.24mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Myricetin: 0.34mg, Myricetin: 0.34mg, Myricetin: 0.34mg, Myricetin: 0.34mg Quercetin: 3.78mg, Quercetin: 3.78mg, Quercetin: 3.78mg

Nutrients (% of daily need)

Calories: 583.07kcal (29.15%), Fat: 41.62g (64.03%), Saturated Fat: 10.66g (66.6%), Carbohydrates: 28.51g (9.5%), Net Carbohydrates: 23.13g (8.41%), Sugar: 16.46g (18.29%), Cholesterol: 68.93mg (22.98%), Sodium: 7096.66mg (308.55%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 28.42g (56.85%), Vitamin C: 121.11mg (146.8%), Vitamin K: 68.55µg (65.29%), Vitamin A: 2601.8IU (52.04%), Vitamin B6: 0.95mg (47.45%), Manganese: 0.93mg (46.6%), Zinc: 6.7mg (44.64%), Selenium: 30.66µg (43.8%), Vitamin E: 6.53mg (43.5%), Potassium: 1510.19mg (43.15%), Vitamin B3: 8.27mg (41.33%), Iron: 6.31mg (35.03%), Phosphorus: 324.05mg (32.4%), Vitamin B12: 1.88µg (31.26%), Copper: 0.52mg (26.08%), Vitamin B2: 0.39mg (23.14%), Fiber: 5.38g (21.52%), Magnesium: 83mg (20.75%), Folate: 78.85µg (19.71%), Vitamin B1: 0.29mg (19.62%), Calcium: 99.11mg (9.91%), Vitamin B5: 0.75mg (7.46%)