



Molasses Grilled Rib-Eye Steaks



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



635 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 cup dijon mustard coarse-grained
- ☐ 0.5 cup blackstrap molasses
- ☐ 1 tablespoon olive oil
- ☐ 0.8 teaspoon pepper
- ☐ 32 ounce beef rib-eye steaks boneless
- ☐ 0.8 teaspoon salt

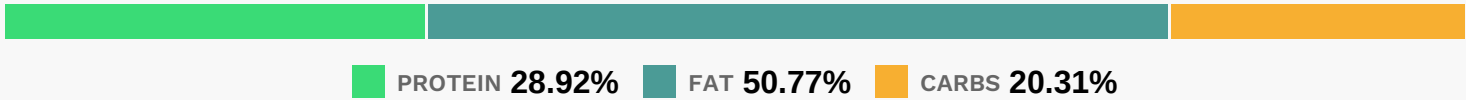
Equipment

- ☐ grill

Directions

- ☐ Combine 1/2 cup molasses, 1/4 cup mustard, and 1 tablespoon olive oil in a shallow dish or large zip-top plastic freezer bag.
- ☐ Add steaks; cover or seal, and chill at least 2 hours, turning occasionally.
- ☐ Remove steaks from marinade, discarding marinade.
- ☐ Sprinkle steaks evenly with salt and pepper.
- ☐ Grill, covered with grill lid, over medium-high heat (350 to 40
- ☐ to 7 minutes on each side or to desired degree of doneness.

Nutrition Facts



Properties

Glycemic Index:27, Glycemic Load:13.94, Inflammation Score:-6, Nutrition Score:27.90999989989%

Nutrients (% of daily need)

Calories: 635.27kcal (31.76%), Fat: 36.15g (55.61%), Saturated Fat: 14.8g (92.5%), Carbohydrates: 32.53g (10.84%), Net Carbohydrates: 31.77g (11.55%), Sugar: 31.69g (35.21%), Cholesterol: 138.35mg (46.12%), Sodium: 740.88mg (32.21%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 46.33g (92.66%), Selenium: 68.15µg (97.35%), Zinc: 11.86mg (79.08%), Vitamin B12: 3.76µg (62.75%), Vitamin B6: 1.2mg (59.95%), Vitamin B3: 11.59mg (57.94%), Magnesium: 157.69mg (39.42%), Manganese: 0.76mg (37.92%), Potassium: 1251.29mg (35.75%), Phosphorus: 357.05mg (35.7%), Iron: 6.2mg (34.42%), Vitamin B2: 0.55mg (32.58%), Copper: 0.4mg (19.94%), Vitamin B1: 0.25mg (16.44%), Calcium: 114mg (11.4%), Vitamin K: 6.36µg (6.05%), Vitamin B5: 0.39mg (3.91%), Vitamin E: 0.56mg (3.75%), Fiber: 0.76g (3.06%), Folate: 7.96µg (1.99%), Vitamin D: 0.23µg (1.51%)