



Pan-Seared Rib-Eye Steaks with Goat Cheese, Caper and Sun-Dried Tomato Butter

 Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



330 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 tablespoons butter room temperature
- ☐ 1 tablespoon capers drained
- ☐ 2 ounces goat cheese fresh soft room temperature (such as Montrachet)
- ☐ 2 tablespoons sun-dried olives minced drained
- ☐ 2 beef rib steak boneless thick

Equipment

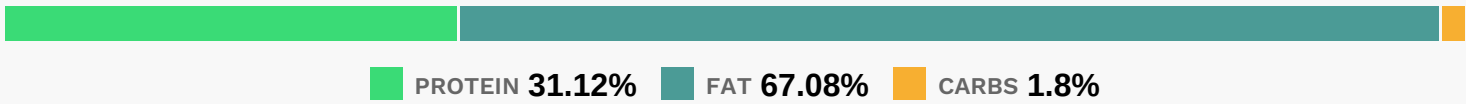
- ☐ bowl

- ☐ frying pan
- ☐ knife
- ☐ plastic wrap
- ☐ hand mixer
- ☐ aluminum foil
- ☐ cutting board

Directions

- ☐ Using electric mixer, beat cheese and butter in medium bowl until fluffy. Stir in tomatoes and capers. Season with salt and pepper. Spoon butter onto sheet of plastic wrap, forming 3-inch-long log. Wrap and refrigerate until firm. (Can be made 3 days ahead. Keep refrigerated.)
- ☐ Pat steaks dry.
- ☐ Heat heavy large nonstick skillet over high heat.
- ☐ Sprinkle steaks with salt and pepper.
- ☐ Add steaks to hot skillet; cook about 5 minutes per side for medium-rare.
- ☐ Transfer to cutting board. Tent with foil and let stand 5 minutes.
- ☐ Cut steaks across grain into 5/8-inch-thick slices.
- ☐ Sprinkle with salt and pepper. Divide among plates. Using hot sharp knife, cut butter log into 4 rounds.
- ☐ Place 1 butter round atop each serving.

Nutrition Facts



Properties

Glycemic Index:20, Glycemic Load:0.33, Inflammation Score:-4, Nutrition Score:12.444347858429%

Flavonoids

Kaempferol: 2.63mg, Kaempferol: 2.63mg, Kaempferol: 2.63mg, Kaempferol: 2.63mg Quercetin: 3.45mg, Quercetin: 3.45mg, Quercetin: 3.45mg, Quercetin: 3.45mg

Nutrients (% of daily need)

Calories: 329.56kcal (16.48%), Fat: 24.73g (38.05%), Saturated Fat: 12.79g (79.92%), Carbohydrates: 1.5g (0.5%), Net Carbohydrates: 1.13g (0.41%), Sugar: 1.08g (1.2%), Cholesterol: 90.5mg (30.17%), Sodium: 213.99mg (9.3%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 25.82g (51.64%), Selenium: 28.2µg (40.29%), Zinc: 5.99mg (39.93%), Vitamin B12: 1.91µg (31.91%), Vitamin B3: 5.84mg (29.18%), Vitamin B6: 0.5mg (24.76%), Phosphorus: 209.79mg (20.98%), Vitamin B2: 0.34mg (20.08%), Iron: 2.47mg (13.75%), Copper: 0.23mg (11.74%), Potassium: 394.76mg (11.28%), Vitamin B1: 0.12mg (8.22%), Magnesium: 31.65mg (7.91%), Vitamin A: 362.92IU (7.26%), Vitamin K: 4.01µg (3.82%), Calcium: 32.98mg (3.3%), Manganese: 0.06mg (3.09%), Folate: 7.46µg (1.87%), Vitamin B5: 0.16mg (1.57%), Fiber: 0.37g (1.49%), Vitamin E: 0.21mg (1.37%), Vitamin C: 1.07mg (1.29%), Vitamin D: 0.17µg (1.13%)