

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

Caper and Sun-Dried Tomato Butter

Gluten Free

READY IN SERVINGS CALORIES



# 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 heef rih steak honeless thick

## **Equipment**

bowl

	frying pan	
	knife	
	plastic wrap	
	hand mixer	
	aluminum foil	
	cutting board	
Di	rections	
	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 §-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		
PROTEIN 31.12%  FAT 67.08%  CARBS 1.8%		
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: Og (100%), Alcohol %: O% (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: 362.92lU (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%)