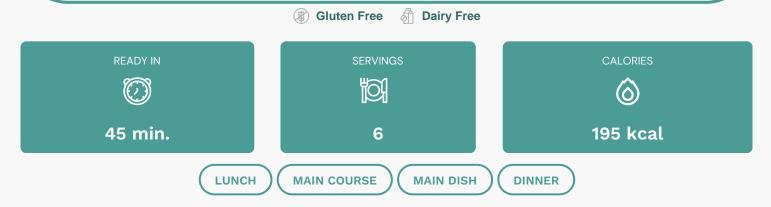


Pan-Seared Rib-Eye Steaks with Porcini and Rosemary Rub



Ingredients

O.3 ounce the following: parmesan rind) dried (half of)
1 tablespoon rosemary leaves fresh finely chopped
2 teaspoons pepper black
1 tablespoon olive oil
2 beef rib steak boneless 2-inch-thick grass-fed (3 pounds total
0.5 cup sova sauce

Equipment

	bowl
	frying pan
	aluminum foil
	ziploc bags
Directions	
	Place steaks and soy sauce in large resealable plastic bag. Seal bag, releasing excess air; turn to coat.
	Let steaks marinate at room temperature 2 hours, turning occasionally.
	Process porcini mushrooms in spice mill to fine powder.
	Mix 1 1/2 tablespoons mushroom powder, rosemary, and pepper in small bowl (reserve any remaining powder for another use).
	Drain steaks; pat dry.
	Sprinkle mushroom-rosemary rub generously over both sides of steaks, pressing to adhere.
	Heat oil in heavy large skillet (preferably cast-iron) over medium-high heat. Fry steaks until browned and cooked to desired doneness, about 8 minutes per side for rare, adjusting heat to medium if browning too quickly.
	Transfer steaks to plate; tent with foil to keep warm.
	Let rest 10 minutes.
	Cut into 1/2-inch-thick slices and serve.
	*Available in the produce section of many supermarkets and at specialty foods stores and Italian markets.
Nutrition Facts	
PROTEIN 35.31% FAT 59.69% CARBS 5%	

Properties

Glycemic Index:7.83, Glycemic Load:0.22, Inflammation Score:-2, Nutrition Score:9.0056521613961%

Flavonoids

Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg

Nutrients (% of daily need)

Calories: 194.53kcal (9.73%), Fat: 13.06g (20.09%), Saturated Fat: 5.08g (31.77%), Carbohydrates: 2.46g (0.82%), Net Carbohydrates: 1.96g (0.71%), Sugar: 0.36g (0.4%), Cholesterol: 45.95mg (15.32%), Sodium: 1119.55mg (48.68%), Alcohol: Og (100%), Alcohol %: O% (100%), Protein: 17.38g (34.76%), Selenium: 19.11µg (27.3%), Zinc: 4.05mg (26.99%), Vitamin B3: 4.63mg (23.15%), Vitamin B12: 1.25µg (20.84%), Vitamin B6: 0.35mg (17.69%), Phosphorus: 138.36mg (13.84%), Vitamin B2: 0.23mg (13.3%), Iron: 1.88mg (10.42%), Manganese: 0.2mg (9.93%), Copper: 0.16mg (7.79%), Potassium: 272.11mg (7.77%), Magnesium: 26.56mg (6.64%), Vitamin B1: 0.08mg (5.47%), Vitamin K: 3.63µg (3.45%), Vitamin B5: 0.34mg (3.43%), Vitamin E: 0.34mg (2.29%), Folate: 8.14µg (2.04%), Fiber: 0.51g (2.02%), Calcium: 13.3mg (1.33%)