



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



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



195 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 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 soya sauce

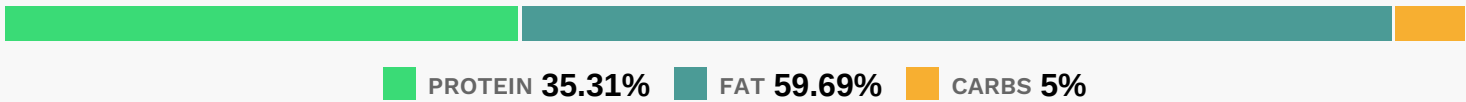
Equipment

- ☐ 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



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: 0g (100%), Alcohol %: 0% (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%)