



Pan-Seared Ribeye Steak with Quick Creamed Spinach

 Very Healthy

READY IN



30 min.

SERVINGS



2

CALORIES



1465 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 5 tablespoons butter divided
- 0.3 cup canola oil
- 2 servings sea salt
- 1 tablespoon flour all-purpose
- 0.5 cup cup heavy whipping cream
- 2 servings pepper black freshly ground
- 1 pinch nutmeg grated

- 24 ounces beef rib steak thick
- 0.8 pound pkt spinach washed and rinsed, cut into thin strips
- 6 sprigs rosemary

Equipment

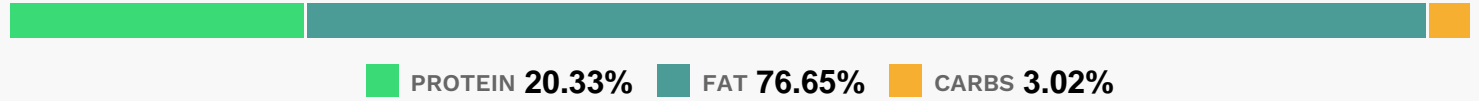
- frying pan
- sauce pan
- whisk
- kitchen thermometer
- tongs

Directions

- Season ribeye well with salt and pepper.
- Heat oil in a 12-inch heavy-bottomed cast-iron skillet over high heat until just beginning to smoke. Carefully add steak and cook, flipping every 30 seconds or so with a pair of tongs, until a pale golden brown crust starts to develop, about 4 minutes total.
- Add two tablespoons of butter to skillet. Continue flipping steak every 30 seconds, while using a spoon to baste the steak with foaming butter. (See here for a step-by-step slideshow of the process. If butter starts to smoke excessively, reduce heat to medium. Continue process until a meat thermometer inserted in the thickest part registers 125°F (for medium rare), 8 to 10 minutes total.
- Remove steak and set aside on a large plate to rest for 10 minutes.
- Meanwhile, melt one tablespoon butter in a small saucepan over medium-low heat.
- Add flour and stir with a whisk until there are no lumps. Reduce heat to medium low, and cook until the roux becomes blonde and smells toasty, 2 to 3 minutes.
- Pour in heavy cream and whisk continuously to avoid lumps. Season with 1/8 teaspoon salt and a pinch of grated nutmeg, and simmer gently until thick and creamy.
- Melt remaining tablespoon of butter in a medium-sized skillet over medium heat.
- Add the spinach and stir with a pair of tongs until leaves have just wilted, but still have some integrity. Turn off heat.
- Pour half of the cream sauce in the skillet and stir well.

- Add more if necessary to help bind the spinach together. Season to taste with salt and pepper.
- Slice the steak into 1/2-inch thick slices (if desired), sprinkle with coarse sea salt, and serve with spinach on the side.

Nutrition Facts



Properties

Glycemic Index:164.5, Glycemic Load:3.02, Inflammation Score:-10, Nutrition Score:60.008260498876%

Flavonoids

Luteolin: 1.26mg, Luteolin: 1.26mg, Luteolin: 1.26mg, Luteolin: 1.26mg Kaempferol: 10.85mg, Kaempferol: 10.85mg, Kaempferol: 10.85mg, Kaempferol: 10.85mg Myricetin: 0.6mg, Myricetin: 0.6mg, Myricetin: 0.6mg, Myricetin: 0.6mg Quercetin: 6.75mg, Quercetin: 6.75mg, Quercetin: 6.75mg, Quercetin: 6.75mg

Nutrients (% of daily need)

Calories: 1465.02kcal (73.25%), Fat: 126.9g (195.23%), Saturated Fat: 55.4g (346.25%), Carbohydrates: 11.25g (3.75%), Net Carbohydrates: 7.15g (2.6%), Sugar: 2.63g (2.92%), Cholesterol: 350mg (116.67%), Sodium: 746.51mg (32.46%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 75.74g (151.48%), Vitamin K: 851.16µg (810.63%), Vitamin A: 17760.78IU (355.22%), Selenium: 88.14µg (125.92%), Zinc: 18.58mg (123.84%), Vitamin B12: 5.8µg (96.7%), Vitamin B3: 18.17mg (90.86%), Folate: 351.8µg (87.95%), Vitamin B6: 1.72mg (85.95%), Manganese: 1.59mg (79.26%), Vitamin B2: 1.28mg (75.21%), Vitamin E: 9.72mg (64.77%), Phosphorus: 621.62mg (62.16%), Iron: 10.82mg (60.09%), Vitamin C: 48.35mg (58.61%), Potassium: 1935.78mg (55.31%), Magnesium: 213.26mg (53.31%), Vitamin B1: 0.48mg (31.9%), Copper: 0.51mg (25.33%), Calcium: 245.77mg (24.58%), Fiber: 4.1g (16.4%), Vitamin D: 1.29µg (8.61%), Vitamin B5: 0.32mg (3.19%)