



Peanut Sesame Rib-Eye Steak

 **Gluten Free**  **Dairy Free**  **Low Fod Map**

READY IN



160 min.

SERVINGS



4

CALORIES



782 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.3 cup peppercorns black crushed
- 0.5 cup sesame seed black
- 0.3 cup fish sauce
- 4 stalks lemon grass coarsely chopped
- 0.5 cup peanuts chopped
- 32 ounce beef rib eye steaks thick-cut ()
- 0.3 cup rice wine vinegar
- 0.3 cup sea salt

- 0.5 teaspoon asian sesame oil toasted ()
- 1 teaspoon soya sauce dark
- 1 tablespoon vegetable oil divided
- 1 teaspoon sugar white

Equipment

- food processor
- bowl
- paper towels
- grill
- kitchen thermometer

Directions

- Place the lemon grass, 1/4 cup vegetable oil, fish sauce, rice wine vinegar, dark soy sauce, sugar, and sesame oil into the work bowl of a food processor, and process until the mixture forms a paste. Coat both sides of the steaks with the marinade paste, and refrigerate, covered, for 2 to 3 hours.
- Preheat an outdoor grill for medium-high heat, and lightly oil the grate.
- In a bowl, combine peanuts, sesame seeds, sea salt, and pepper until thoroughly mixed.
- Remove the steaks from the marinade, and discard any remaining marinade. Pat the steaks very dry with paper towels for good charring. Rub each steak with about 3/4 teaspoon of vegetable oil.
- Sprinkle the peanut mixture generously over both sides of each steak, and press the spices into the meat.
- Grill on the preheated grill until the steaks show grill marks, start to become firm, and are reddish-pink and juicy in the center, 4 to 5 minutes per side. An instant-read thermometer inserted into the center should read 130 degrees F (54 degrees C).
- Let the steaks rest at least 5 minutes before slicing.

Nutrition Facts



■ PROTEIN 27.92% ■ FAT 61.12% ■ CARBS 10.96%

Properties

Glycemic Index:54.09, Glycemic Load:3.47, Inflammation Score:-7, Nutrition Score:41.699130392593%

Nutrients (% of daily need)

Calories: 782.33kcal (39.12%), Fat: 54.9g (84.46%), Saturated Fat: 17.78g (111.11%), Carbohydrates: 22.15g (7.38%), Net Carbohydrates: 14.45g (5.25%), Sugar: 1.71g (1.9%), Cholesterol: 138.35mg (46.12%), Sodium: 8423.57mg (366.24%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 56.43g (112.86%), Manganese: 3.68mg (184.04%), Zinc: 14.04mg (93.6%), Selenium: 65.37µg (93.38%), Vitamin B3: 15.59mg (77.93%), Copper: 1.36mg (67.94%), Vitamin B12: 3.83µg (63.91%), Vitamin B6: 1.23mg (61.6%), Iron: 10.22mg (56.77%), Phosphorus: 557.45mg (55.74%), Magnesium: 208.35mg (52.09%), Vitamin B2: 0.67mg (39.45%), Potassium: 1183.05mg (33.8%), Vitamin B1: 0.5mg (33.3%), Vitamin K: 33.93µg (32.31%), Fiber: 7.7g (30.8%), Calcium: 305.17mg (30.52%), Folate: 90.22µg (22.56%), Vitamin B5: 0.57mg (5.69%), Vitamin E: 0.49mg (3.24%), Vitamin A: 119.23IU (2.38%), Vitamin D: 0.23µg (1.51%)