



Prime Rib-Eye Steaks with Mustard Parmesan Crust

 Gluten Free

READY IN



40 min.

SERVINGS



6

CALORIES



545 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 3 tablespoons dijon mustard
- 3 tablespoons thyme leaves fresh roughly chopped
- 20 cloves garlic peeled
- 6 servings grey salt and ground pepper fresh black
- 0.5 cup olive oil
- 6 servings olive oil for drizzling
- 2 cups parmesan fresh finely grated

- 3 rib-eye steaks thick ()
- 6 servings salt and pepper black freshly ground

Equipment

- frying pan
- baking sheet
- oven
- sieve
- grill
- stove
- grill pan

Directions

- In a preheated saute pan over medium-low heat, pan roast the garlic in olive oil, tossing only once. Allow to brown for about 5 to 10 minutes.
- Drain the cloves through a strainer. Allow to cool before mashing roughly with fork.
- Add thyme to garlic paste and mash that in as well. When they are pasty but still chunky, mix in the Dijon mustard. Season, to taste, with salt and pepper.
- Preheat oven to 450 degrees F. Preheat a grill, or stovetop grill pan, to high.
- Pound the salt and pepper into the steaks to cover well.
- Drizzle steaks on both sides with olive oil.
- Place meat on grill to brown, about 5 minutes each side.
- Remove steaks from grill and place on a large baking sheet. Cover top generously with garlic-mustard coating. Top with large piles of Parmesan, spreading out to edges carefully with fingers.
- Place steaks in oven for 8 or 9 minutes.
- Pull steaks from oven and allow to rest for a few minutes before slicing.

Nutrition Facts



■ PROTEIN 26.09% ■ FAT 69.76% ■ CARBS 4.15%

Properties

Glycemic Index:27.67, Glycemic Load:1.42, Inflammation Score:-10, Nutrition Score:19.3399999908986%

Flavonoids

Apigenin: 0.12mg, Apigenin: 0.12mg, Apigenin: 0.12mg, Apigenin: 0.12mg Luteolin: 1.62mg, Luteolin: 1.62mg, Luteolin: 1.62mg, Luteolin: 1.62mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg Quercetin: 0.17mg, Quercetin: 0.17mg, Quercetin: 0.17mg, Quercetin: 0.17mg

Nutrients (% of daily need)

Calories: 544.55kcal (27.23%), Fat: 42.55g (65.47%), Saturated Fat: 15.05g (94.08%), Carbohydrates: 5.7g (1.9%), Net Carbohydrates: 4.65g (1.69%), Sugar: 0.47g (0.53%), Cholesterol: 91.6mg (30.53%), Sodium: 871.44mg (37.89%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 35.81g (71.62%), Selenium: 39.05µg (55.78%), Zinc: 6.94mg (46.28%), Calcium: 440.32mg (44.03%), Phosphorus: 421.32mg (42.13%), Vitamin B12: 2.28µg (37.93%), Vitamin B6: 0.62mg (31.14%), Vitamin B3: 5.8mg (29%), Vitamin B2: 0.41mg (24.31%), Iron: 3.23mg (17.93%), Vitamin E: 2.64mg (17.62%), Manganese: 0.28mg (13.93%), Vitamin K: 13.3µg (12.67%), Magnesium: 50.27mg (12.57%), Potassium: 407.72mg (11.65%), Vitamin C: 8.75mg (10.61%), Vitamin B1: 0.15mg (9.89%), Vitamin A: 450.34IU (9.01%), Copper: 0.16mg (7.76%), Fiber: 1.05g (4.19%), Vitamin B5: 0.25mg (2.49%), Folate: 8.14µg (2.04%), Vitamin D: 0.28µg (1.86%)