



Prime Rib Eye Steaks with Savory Beef Gravy

READY IN



55 min.

SERVINGS



6

CALORIES



463 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.5 cup olive oil extra virgin extra-virgin
- 20 cloves garlic peeled
- 3 tablespoons thyme sprigs fresh coarsely chopped
- 0.3 cup dijon mustard
- 3 beef rib steak boneless thick cut in half horizontally
- 1 serving pepper black freshly ground
- 0.8 cup panko bread crumbs crispy italian
- 0.8 cup parmesan fresh finely grated
- 0.3 cup flour all-purpose

- 0.3 cup butter
- 2 cups beef broth

Equipment

- bowl
- frying pan
- baking sheet
- oven
- sieve
- kitchen thermometer

Directions

- Heat oven to 450°F. In 8-inch skillet, heat oil over medium-low heat.
- Add garlic to oil; cook 5 to 7 minutes, tossing only once, until golden brown.
- Drain garlic through strainer (reserve oil to brush on steaks); cool. In small bowl, mash cooled garlic roughly with a fork into a chunky paste.
- Add thyme to garlic paste, mashing until well blended yet still chunky. Stir in mustard; set aside.
- Heat 12-inch skillet over high heat until hot. Season steaks with salt and pepper; drizzle both sides of steaks with reserved oil.
- Add steaks to hot skillet, browning on both sides until crust forms.
- Place on cookie sheet; spread garlic-mustard mixture over tops of steaks.
- In medium bowl, toss together bread crumbs and Parmesan cheese. Top steaks generously with bread crumb mixture, spreading to edges.
- Bake uncovered 25 to 35 minutes or until instant-read thermometer inserted in center reads 135°F for medium-rare or 150°F for medium (temperature will continue to rise about 10°F upon standing).
- Meanwhile, make beef gravy. In same 12-inch skillet, cook flour and butter over medium heat 3 to 4 minutes, stirring constantly, just until a blonde roux forms. Stir in broth.
- Heat to boiling over high heat, stirring constantly. Reduce heat and simmer, stirring constantly, just until thickened.

- Allow steaks to rest a few minutes before slicing.
- Serve gravy over steaks. If desired, serve with mashed potatoes.

Nutrition Facts

PROTEIN 26.6% **FAT 60.92%** **CARBS 12.48%**

Properties

Glycemic Index:48.5, Glycemic Load:4.12, Inflammation Score:-10, Nutrition Score:18.291739137276%

Flavonoids

Apigenin: 0.1mg, Apigenin: 0.1mg, Apigenin: 0.1mg, Apigenin: 0.1mg Luteolin: 1.61mg, Luteolin: 1.61mg, Luteolin: 1.61mg, Luteolin: 1.61mg 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: 462.67kcal (23.13%), Fat: 31.56g (48.56%), Saturated Fat: 14.76g (92.22%), Carbohydrates: 14.54g (4.85%), Net Carbohydrates: 12.91g (4.69%), Sugar: 0.83g (0.92%), Cholesterol: 97.77mg (32.59%), Sodium: 788.65mg (34.29%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 31.01g (62.02%), Selenium: 39.64µg (56.63%), Zinc: 6.54mg (43.6%), Vitamin B3: 7.19mg (35.96%), Vitamin B12: 2.12µg (35.4%), Vitamin B6: 0.63mg (31.26%), Phosphorus: 310.38mg (31.04%), Vitamin B2: 0.42mg (24.82%), Calcium: 216.41mg (21.64%), Iron: 3.76mg (20.86%), Manganese: 0.39mg (19.39%), Vitamin B1: 0.26mg (17.41%), Potassium: 457.32mg (13.07%), Magnesium: 48.5mg (12.12%), Vitamin C: 8.77mg (10.62%), Vitamin A: 525.58IU (10.51%), Copper: 0.18mg (8.8%), Folate: 26.31µg (6.58%), Fiber: 1.63g (6.51%), Vitamin E: 0.82mg (5.46%), Vitamin K: 5.6µg (5.33%), Vitamin B5: 0.25mg (2.53%), Vitamin D: 0.18µg (1.17%)