



## Prime Rib Eye Steaks with Savory Beef Gravy

READY IN



55 min.

SERVINGS



6

CALORIES



463 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- ☐ 2 cups beef broth
- ☐ 0.3 cup butter
- ☐ 0.3 cup dijon mustard
- ☐ 0.3 cup flour all-purpose
- ☐ 3 tablespoons thyme sprigs fresh coarsely chopped
- ☐ 20 cloves garlic peeled
- ☐ 0.5 cup olive oil extra virgin extra-virgin
- ☐ 0.8 cup panko bread crumbs crispy italian
- ☐ 0.8 cup parmesan fresh finely grated

- ☐ 3 beef rib steak boneless thick cut in half horizontally
- ☐ 6 servings pepper black freshly ground

## Equipment

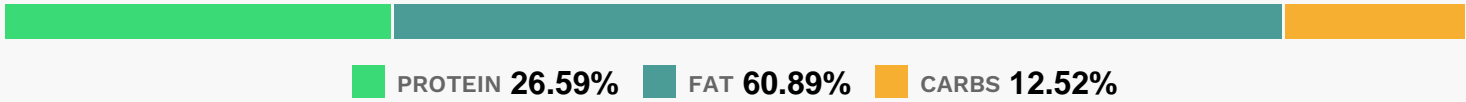
- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ oven
- ☐ sieve
- ☐ kitchen thermometer

## Directions

- ☐ Heat oven to 450F. 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 135F for medium-rare or 150F for medium (temperature will continue to rise about 10F 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



## Properties

Glycemic Index:48.5, Glycemic Load:4.13, Inflammation Score:-10, Nutrition Score:18.33739135058%

## 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: 462.88kcal (23.14%), Fat: 31.56g (48.56%), Saturated Fat: 14.76g (92.23%), Carbohydrates: 14.59g (4.86%), Net Carbohydrates: 12.94g (4.71%), Sugar: 0.83g (0.93%), Cholesterol: 97.77mg (32.59%), Sodium: 788.66mg (34.29%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 31.02g (62.04%), Selenium: 39.65µg (56.64%), Zinc: 6.54mg (43.61%), Vitamin B3: 7.19mg (35.96%), Vitamin B12: 2.12µg (35.4%), Vitamin B6: 0.63mg (31.28%), Phosphorus: 310.51mg (31.05%), Vitamin B2: 0.42mg (24.83%), Calcium: 216.78mg (21.68%), Iron: 3.76mg (20.91%), Manganese: 0.4mg (19.92%), Vitamin B1: 0.26mg (17.41%), Potassium: 458.43mg (13.1%), Magnesium: 48.64mg (12.16%), Vitamin C: 8.77mg (10.62%), Vitamin A: 526.04IU (10.52%), Copper: 0.18mg (8.85%), Fiber: 1.65g (6.6%), Folate: 26.32µg (6.58%), Vitamin E: 0.82mg (5.47%), Vitamin K: 5.74µg (5.46%), Vitamin B5: 0.25mg (2.54%), Vitamin D: 0.18µg (1.17%)