



Rib-Eye Steak au Poivre with Balsamic Reduction



Vegetarian



Gluten Free



Low Fod Map

READY IN



30 min.

SERVINGS



4

CALORIES



121 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.5 cup balsamic vinegar
- ☐ 2 tablespoons peppercorns whole black
- ☐ 2 tablespoons butter unsalted
- ☐ 1 tablespoon vegetable oil

Equipment

- ☐ frying pan
- ☐ whisk

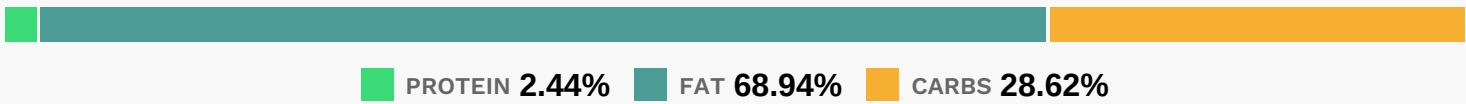
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mortar and pestle

Directions

- ☐ Coarsely grind peppercorns with a mortar and pestle. Pat steaks dry and coat both sides with peppercorns, pressing to adhere. Season with salt.
- ☐ Heat oil with 1 tablespoon butter in a 12-inch heavy skillet over moderately high heat until hot but not smoking. Reduce heat to moderate and cook steaks, 2 at a time, about 4 minutes on each side for medium-rare.
- ☐ Transfer steaks to a platter.
- ☐ Add vinegar to skillet and deglaze by boiling over high heat, scraping up brown bits. Simmer vinegar until reduced to about 1/4 cup.
- ☐ Remove from heat and whisk in remaining tablespoon butter until melted. Season sauce with salt and drizzle over steaks.

Nutrition Facts



Properties

Glycemic Index:20.5, Glycemic Load:3.33, Inflammation Score:-2, Nutrition Score:3.6682608691247%

Nutrients (% of daily need)

Calories: 120.85kcal (6.04%), Fat: 9.24g (14.22%), Saturated Fat: 4.18g (26.15%), Carbohydrates: 8.63g (2.88%), Net Carbohydrates: 7.36g (2.68%), Sugar: 4.8g (5.34%), Cholesterol: 15.05mg (5.02%), Sodium: 9.1mg (0.4%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.74g (1.47%), Manganese: 0.68mg (33.98%), Vitamin K: 14.93µg (14.22%), Fiber: 1.26g (5.06%), Vitamin A: 202.28IU (4.05%), Iron: 0.72mg (3.98%), Copper: 0.08mg (3.8%), Vitamin E: 0.49mg (3.28%), Calcium: 32.44mg (3.24%), Magnesium: 12.52mg (3.13%), Potassium: 103.83mg (2.97%), Phosphorus: 15.64mg (1.56%)