



Rib-Eye Steak with Black Olive Vinaigrette

 Gluten Free  Dairy Free

READY IN



30 min.

SERVINGS



4

CALORIES



549 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.5 cup olives black pitted
- 0.5 teaspoon pepper black freshly ground
- 1 teaspoon pepper black freshly ground
- 2 teaspoons dijon mustard
- 2 tablespoons flat-leaf parsley fresh chopped
- 1 garlic clove
- 1 tablespoon herbs de provence
- 1 tablespoons olive oil

- 6 tablespoons olive oil extra-virgin
- 3 tablespoons red wine vinegar
- 1 rib-eye steak boneless
- 0.5 teaspoon salt
- 1 teaspoon salt
- 6 tablespoons vegetable oil

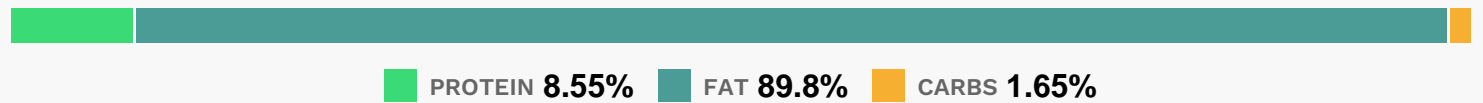
Equipment

- blender
- grill pan

Directions

- For the Rib-eye: Preheat your grill pan on medium high heat. Coat the beef with olive oil and sprinkle with the Herbs de Provence, salt, and pepper. Cook for 6 to 8 minutes a side until the meat is medium-rare, remove from heat, and allow to rest.
- Combine the olives, red wine vinegar, mustard, garlic, salt, and pepper in a blender and blend until mixed. In a small pitcher combine the olive oil and vegetable oil.
- Drizzle the oil into the blender with the machine running.
- Transfer the vinaigrette to a serving dish. Stir in the parsley and serve with the rib-eye.

Nutrition Facts



Properties

Glycemic Index:39.5, Glycemic Load:0.19, Inflammation Score:-4, Nutrition Score:13.426521559124%

Flavonoids

Apigenin: 4.33mg, Apigenin: 4.33mg, Apigenin: 4.33mg, Apigenin: 4.33mg Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.31mg, Myricetin: 0.31mg, Myricetin: 0.31mg, Myricetin: 0.31mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 549.05kcal (27.45%), Fat: 55.67g (85.65%), Saturated Fat: 10.44g (65.22%), Carbohydrates: 2.3g (0.77%), Net Carbohydrates: 1g (0.36%), Sugar: 0.17g (0.19%), Cholesterol: 34.47mg (11.49%), Sodium: 1195.52mg (51.98%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 11.93g (23.86%), Vitamin K: 104.57µg (99.59%), Vitamin E: 5.95mg (39.64%), Selenium: 14.98µg (21.4%), Zinc: 3.03mg (20.18%), Vitamin B12: 0.94µg (15.63%), Iron: 2.74mg (15.22%), Vitamin B3: 2.91mg (14.55%), Vitamin B6: 0.25mg (12.56%), Manganese: 0.21mg (10.4%), Phosphorus: 91.14mg (9.11%), Vitamin B2: 0.15mg (8.59%), Vitamin A: 287.22IU (5.74%), Potassium: 199.26mg (5.69%), Fiber: 1.31g (5.22%), Magnesium: 20.06mg (5.02%), Copper: 0.09mg (4.59%), Vitamin B1: 0.07mg (4.48%), Calcium: 42.1mg (4.21%), Vitamin C: 3.46mg (4.19%), Folate: 8.31µg (2.08%)