



Rib-Eye Steak with Vidalia Onions

READY IN



40 min.

SERVINGS



4

CALORIES



914 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 4 large cloves garlic finely chopped
- ☐ 0.3 cup olive oil extra-virgin
- ☐ 4 rib-eye steaks boneless
- ☐ 4 servings salt and pepper black freshly ground
- ☐ 8 tablespoons butter salted
- ☐ 4 teaspoons lawry's seasoned salt recommended: Lawry's Seasoned Salt
- ☐ 4 teaspoons penzey's southwest seasoning all-purpose recommended: McCormick's Season All
- ☐ 4 vidalia onions peeled halved

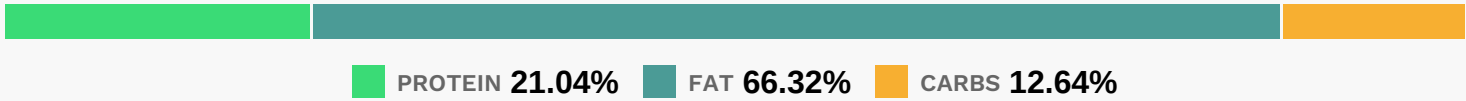
Equipment

- ☐ grill
- ☐ aluminum foil

Directions

- ☐ Watch how to make this recipe.
- ☐ Rub each steak on both sides with some of the olive oil and seasonings. Grill over high heat, turning just once, to desired doneness.
- ☐ Put some of the chopped garlic, 2 tablespoons butter, and a teaspoon of seasoning on the cut side of each of 4 onion halves. Top each with the another half. Wrap each onion completely in aluminum foil, and bury in the hot coals for about 10 minutes, until quite soft. Move to the grates to finish cooking, another 5 minutes or so. The onions should be golden and soft to the point of falling apart.

Nutrition Facts



Properties

Glycemic Index:29.25, Glycemic Load:0.36, Inflammation Score:-9, Nutrition Score:33.626521431881%

Flavonoids

Epigallocatechin 3–gallate: 0.26mg, Epigallocatechin 3–gallate: 0.26mg, Epigallocatechin 3–gallate: 0.26mg, Epigallocatechin 3–gallate: 0.26mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Kaempferol: 3.78mg, Kaempferol: 3.78mg, Kaempferol: 3.78mg, Kaempferol: 3.78mg Myricetin: 3.82mg, Myricetin: 3.82mg, Myricetin: 3.82mg, Myricetin: 3.82mg Quercetin: 48.11mg, Quercetin: 48.11mg, Quercetin: 48.11mg, Quercetin: 48.11mg

Nutrients (% of daily need)

Calories: 913.88kcal (45.69%), Fat: 68.66g (105.63%), Saturated Fat: 30.55g (190.94%), Carbohydrates: 29.46g (9.82%), Net Carbohydrates: 24.3g (8.84%), Sugar: 16.87g (18.74%), Cholesterol: 198.06mg (66.02%), Sodium: 2651.55mg (115.28%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 49g (98%), Selenium: 57.74µg (82.48%), Zinc: 12.22mg (81.49%), Vitamin B6: 1.42mg (71.09%), Vitamin B12: 3.8µg (63.32%), Vitamin B3: 11.77mg (58.84%), Phosphorus: 433.57mg (43.36%), Vitamin K: 45.33µg (43.17%), Vitamin B2: 0.65mg (37.96%), Iron: 6.72mg (37.35%), Potassium: 1082.37mg (30.92%), Manganese: 0.57mg (28.32%), Folate: 95.54µg (23.88%), Vitamin E: 3.56mg (23.76%), Vitamin B1: 0.35mg (23.39%), Magnesium: 92.1mg (23.02%), Fiber: 5.16g (20.65%), Vitamin C:

16.94mg (20.53%), Copper: 0.4mg (20.25%), Calcium: 174.9mg (17.49%), Vitamin A: 821.59IU (16.43%), Vitamin B5: 0.42mg (4.2%), Vitamin D: 0.23µg (1.51%)