



## Rib-Eye Steak with Warm Tomato Corn Salad

 Gluten Free

READY IN



40 min.

SERVINGS



6

CALORIES



476 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- ☐ 0.8 teaspoon pepper black
- ☐ 1 teaspoon chili powder pure (not chile)
- ☐ 2 cups regular corn (from 4 large ears)
- ☐ 0.3 cup basil fresh chopped
- ☐ 2 garlic cloves finely chopped
- ☐ 0.5 lb grape tomatoes halved
- ☐ 1 tablespoon juice of lime fresh
- ☐ 1 tablespoon olive oil

- ☐ 1 medium onion chopped
- ☐ 1 frying pepper italian seeded chopped
- ☐ 36 oz rib-eye steaks boneless thick ()
- ☐ 1.5 teaspoons salt
- ☐ 2 tablespoons butter unsalted

## Equipment

- ☐ frying pan
- ☐ aluminum foil
- ☐ cutting board

## Directions

- ☐ Pat steaks dry and sprinkle with salt and pepper.
- ☐ Heat oil in a 12-inch heavy skillet over moderately high heat until hot but not smoking, then sauté steaks, turning over once, 10 to 12 minutes total for medium-rare.
- ☐ Transfer to a plate and keep warm, covered with foil.
- ☐ Pour off fat from skillet, keeping any brown bits in skillet, and return to moderately high heat.
- ☐ Add butter, onion, and frying pepper and sauté, stirring occasionally and scraping up brown bits, until onion is golden, about 6 minutes.
- ☐ Add garlic and chili powder and sauté, stirring, 1 minute. Stir in corn and cover skillet. Cook until corn is just tender, about 3 minutes.
- ☐ Remove lid, then add tomatoes and sauté, stirring, until tomatoes just begin to soften, about 2 minutes.
- ☐ Remove from heat and stir in any meat juices on plate, basil, lime juice, and salt to taste.
- ☐ Transfer steaks to a cutting board, then cut across the grain into 1/2-inch-thick slices.
- ☐ Serve with tomato corn salad.

## Nutrition Facts



☐ PROTEIN 30.19% ☐ FAT 57.52% ☐ CARBS 12.29%

## Properties

Glycemic Index:47.42, Glycemic Load:6.21, Inflammation Score:-6, Nutrition Score:20.715217263802%

## Flavonoids

Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg Hesperetin: 0.22mg, Hesperetin: 0.22mg, Hesperetin: 0.22mg, Hesperetin: 0.22mg Naringenin: 0.27mg, Naringenin: 0.27mg, Naringenin: 0.27mg, Naringenin: 0.27mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 3.97mg, Quercetin: 3.97mg, Quercetin: 3.97mg, Quercetin: 3.97mg

## Nutrients (% of daily need)

Calories: 475.64kcal (23.78%), Fat: 31.11g (47.86%), Saturated Fat: 13.55g (84.71%), Carbohydrates: 14.96g (4.99%), Net Carbohydrates: 12.69g (4.61%), Sugar: 4.19g (4.65%), Cholesterol: 113.79mg (37.93%), Sodium: 679.33mg (29.54%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 36.74g (73.48%), Zinc: 9.19mg (61.24%), Selenium: 41.98µg (59.97%), Vitamin B3: 9.5mg (47.51%), Vitamin B12: 2.83µg (47.19%), Vitamin B6: 0.83mg (41.28%), Phosphorus: 304.07mg (30.41%), Vitamin B2: 0.46mg (26.8%), Potassium: 707.3mg (20.21%), Iron: 3.47mg (19.25%), Vitamin B1: 0.22mg (14.96%), Vitamin A: 747.58IU (14.95%), Magnesium: 57.47mg (14.37%), Vitamin C: 10.6mg (12.85%), Vitamin K: 12.76µg (12.16%), Manganese: 0.24mg (12.08%), Copper: 0.2mg (10.24%), Fiber: 2.27g (9.06%), Folate: 27.33µg (6.83%), Vitamin E: 0.84mg (5.63%), Vitamin B5: 0.49mg (4.88%), Calcium: 29.82mg (2.98%), Vitamin D: 0.24µg (1.6%)