



Rib-Eye Steaks in Red-Wine Sauce

 Vegetarian  Gluten Free

READY IN



25 min.

SERVINGS



4

CALORIES



177 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.8 cup cooking wine dry red
- ☐ 1 tablespoon flat-leaf parsley chopped
- ☐ 2 garlic cloves finely chopped
- ☐ 1.5 teaspoons soya sauce
- ☐ 3 tablespoons butter unsalted cut into 3 pieces
- ☐ 2 tablespoons vegetable oil divided
- ☐ 0.3 cup water

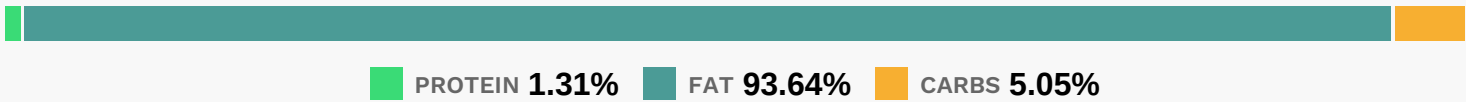
Equipment

- ☐ frying pan
- ☐ whisk
- ☐ aluminum foil

Directions

- ☐ Pat steaks dry, then sprinkle with 3/4 teaspoon salt and 1/2 teaspoon pepper (total).
- ☐ Heat 1 tablespoon oil in a 12-inch heavy skillet over high heat until it shimmers, then sauté steaks in 2 batches, turning once, about 4 minutes per batch for medium-rare.
- ☐ Transfer to a large plate and cover with foil.
- ☐ Pour off fat from skillet, then sauté garlic in remaining tablespoon oil over medium-high heat until pale golden, about 30 seconds.
- ☐ Add wine and boil, stirring and scraping up brown bits, until reduced by half, 2 to 3 minutes.
- ☐ Add water, soy sauce, and any meat juices from plate and boil until reduced by half, 3 to 4 minutes.
- ☐ Reduce heat to medium-low and whisk in butter, 1 piece at a time, until slightly thickened. Stir in parsley and pour sauce over steaks.

Nutrition Facts



Properties

Glycemic Index:19.25, Glycemic Load:0.17, Inflammation Score:-4, Nutrition Score:2.3873912990093%

Flavonoids

Petunidin: 1.49mg, Petunidin: 1.49mg, Petunidin: 1.49mg, Petunidin: 1.49mg Delphinidin: 1.88mg, Delphinidin: 1.88mg, Delphinidin: 1.88mg, Delphinidin: 1.88mg Malvidin: 11.81mg, Malvidin: 11.81mg, Malvidin: 11.81mg, Malvidin: 11.81mg Peonidin: 0.83mg, Peonidin: 0.83mg, Peonidin: 0.83mg, Peonidin: 0.83mg Catechin: 3.46mg, Catechin: 3.46mg, Catechin: 3.46mg, Catechin: 3.46mg Epicatechin: 4.8mg, Epicatechin: 4.8mg, Epicatechin: 4.8mg, Epicatechin: 4.8mg Apigenin: 2.15mg, Apigenin: 2.15mg, Apigenin: 2.15mg, Apigenin: 2.15mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.3mg, Myricetin: 0.3mg, Myricetin: 0.3mg, Myricetin: 0.3mg Quercetin: 0.29mg, Quercetin: 0.29mg, Quercetin: 0.29mg, Quercetin: 0.29mg

Nutrients (% of daily need)

Calories: 176.69kcal (8.83%), Fat: 15.33g (23.59%), Saturated Fat: 6.43g (40.21%), Carbohydrates: 1.86g (0.62%),
Net Carbohydrates: 1.78g (0.65%), Sugar: 0.07g (0.08%), Cholesterol: 22.58mg (7.53%), Sodium: 128.39mg
(5.58%), Alcohol: 4.72g (100%), Alcohol %: 7.32% (100%), Protein: 0.48g (0.96%), Vitamin K: 29.67µg (28.25%),
Vitamin A: 346.77IU (6.94%), Vitamin E: 0.81mg (5.39%), Vitamin C: 1.8mg (2.18%), Manganese: 0.04mg (1.92%),
Vitamin B6: 0.02mg (1.22%), Vitamin D: 0.16µg (1.05%)