



WHATSheATE



Rib Eye Steaks with a Soy and Ginger Marinade



Gluten Free



Dairy Free

READY IN



80 min.

SERVINGS



4

CALORIES



689 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 cup beer
- ☐ 1 tablespoon ginger fresh grated
- ☐ 6 cloves garlic minced
- ☐ 0.3 cup real maple syrup
- ☐ 1 teaspoon ground mustard
- ☐ 0.3 teaspoon pepper sauce hot
- ☐ 40 ounce beef rib eye steaks

- ☐ 0.5 teaspoon sesame oil
- ☐ 0.5 cup soya sauce

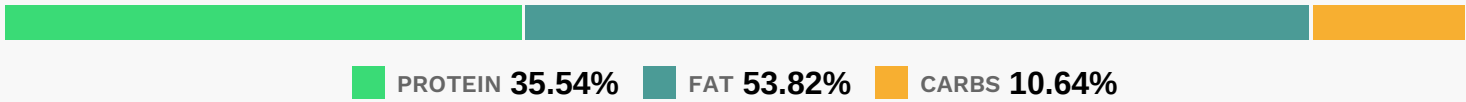
Equipment

- ☐ knife
- ☐ mixing bowl
- ☐ casserole dish
- ☐ grill
- ☐ aluminum foil

Directions

- ☐ In a medium size mixing bowl, combine soy sauce, maple syrup, garlic, ginger root, mustard powder, sesame oil, and Tabasco sauce; mix well to blend. Now add beer, and stir lightly to mix.
- ☐ Prepare steaks by scoring any fatty outside areas on steak with a knife, (this prevents the steaks from curling when barbecuing).
- ☐ Place steaks in a casserole dish, and pour marinade over. Using a fork, punch holes in steaks so that the marinade penetrates into the steaks. Turn steaks over, and repeat punching holes.
- ☐ Cover with clear wrap or foil, and let marinate in the refrigerator for at least 1 hour or longer. You can also refrigerate and marinate overnight.
- ☐ Prepare and preheat barbecue to high heat.
- ☐ Place steaks directly on grill and sear one side for about 15 seconds. Turn steaks over and cook for about 5 minutes, then turn over and cook for another 5 minutes for medium-rare, depending on thickness. Test for doneness by cutting into the middle of the steak.

Nutrition Facts



Properties

Glycemic Index:34.25, Glycemic Load:6.04, Inflammation Score:-4, Nutrition Score:30.051304041044%

Flavonoids

Catechin: 0.11mg, Catechin: 0.11mg, Catechin: 0.11mg, Catechin: 0.11mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg

Nutrients (% of daily need)

Calories: 689.19kcal (34.46%), Fat: 40.83g (62.82%), Saturated Fat: 17.92g (112.02%), Carbohydrates: 18.17g (6.06%), Net Carbohydrates: 17.74g (6.45%), Sugar: 12.66g (14.07%), Cholesterol: 172.93mg (57.64%), Sodium: 1778.01mg (77.3%), Alcohol: 1.15g (100%), Alcohol %: 0.39% (100%), Protein: 60.67g (121.35%), Selenium: 71.27µg (101.82%), Zinc: 14.9mg (99.34%), Vitamin B12: 4.71µg (78.53%), Vitamin B3: 15.26mg (76.31%), Vitamin B6: 1.26mg (63.18%), Vitamin B2: 0.99mg (58.33%), Phosphorus: 461.71mg (46.17%), Manganese: 0.7mg (35.08%), Iron: 5.73mg (31.83%), Potassium: 903.85mg (25.82%), Magnesium: 80.87mg (20.22%), Vitamin B1: 0.29mg (19.66%), Copper: 0.28mg (14.12%), Calcium: 58.54mg (5.85%), Vitamin K: 4.43µg (4.22%), Folate: 16.65µg (4.16%), Vitamin C: 1.71mg (2.08%), Vitamin D: 0.28µg (1.89%), Fiber: 0.42g (1.69%), Vitamin B5: 0.16mg (1.56%)