



Rib-Eye Steaks with Bell Peppers and Gorgonzola Butter

 Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



175 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 2 tablespoons butter room temperature ()
- ☐ 3 tablespoons marjoram fresh minced
- ☐ 6 large garlic clove minced
- ☐ 2 large bell pepper green cut into 1 1/2-inch-wide strips
- ☐ 0.5 cup olive oil extra virgin extra-virgin
- ☐ 2 large bell pepper red cut into 1 1/2-inch-wide strips
- ☐ 5 inch beef rib steak

☐ 2 large bell pepper yellow cut into 1 1/2-inch-wide strips

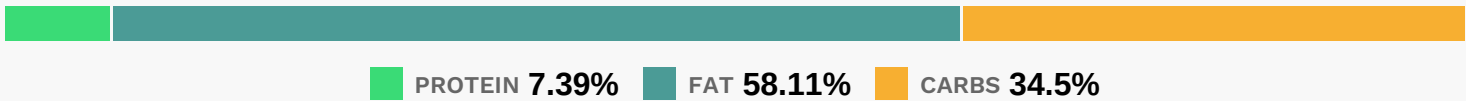
Equipment

- ☐ bowl
- ☐ grill
- ☐ glass baking pan

Directions

- ☐ Beat cheese, butter and 1 tablespoon marjoram in small bowl to blend. Season Gorgonzola butter with salt and pepper. (Can be made 1 day ahead. Cover; chill.)
- ☐ Combine oil, garlic and 2 tablespoons marjoram in large glass baking dish.
- ☐ Add steaks and all peppers; sprinkle with black pepper. Turn to coat.
- ☐ Let stand 2 hours at room temperature or chill up to 6 hours, turning occasionally.
- ☐ Prepare barbecue (medium-high heat).
- ☐ Place steaks and peppers on grill; sprinkle with salt. Grill steaks about 5 minutes per side for medium-rare, and peppers until tender, turning occasionally, about 10 minutes.
- ☐ Transfer steaks to platter; surround with peppers. Top each steak with 1/4 of Gorgonzola butter.
- ☐ Let stand just until butter softens, about 5 minutes.

Nutrition Facts



Properties

Glycemic Index:38.5, Glycemic Load:1.71, Inflammation Score:-10, Nutrition Score:17.377391375439%

Flavonoids

Apigenin: 3.26mg, Apigenin: 3.26mg, Apigenin: 3.26mg, Apigenin: 3.26mg Luteolin: 5.36mg, Luteolin: 5.36mg, Luteolin: 5.36mg, Luteolin: 5.36mg Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Myricetin: 0.5mg, Myricetin: 0.5mg, Myricetin: 0.5mg, Myricetin: 0.5mg Quercetin: 3.05mg, Quercetin: 3.05mg, Quercetin: 3.05mg, Quercetin: 3.05mg

Nutrients (% of daily need)

Calories: 174.6kcal (8.73%), Fat: 12.14g (18.68%), Saturated Fat: 4.67g (29.21%), Carbohydrates: 16.22g (5.41%), Net Carbohydrates: 12.12g (4.41%), Sugar: 5.47g (6.08%), Cholesterol: 16.99mg (5.66%), Sodium: 55.97mg (2.43%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.48g (6.95%), Vitamin C: 344.94mg (418.11%), Vitamin A: 3358.99IU (67.18%), Vitamin K: 38.55µg (36.72%), Vitamin B6: 0.65mg (32.43%), Manganese: 0.38mg (18.92%), Folate: 72.82µg (18.21%), Vitamin E: 2.55mg (17.03%), Fiber: 4.1g (16.39%), Potassium: 550.28mg (15.72%), Vitamin B3: 2.23mg (11.17%), Copper: 0.19mg (9.29%), Vitamin B1: 0.13mg (8.7%), Magnesium: 31.88mg (7.97%), Vitamin B2: 0.13mg (7.78%), Phosphorus: 74.05mg (7.4%), Iron: 1.31mg (7.31%), Vitamin B5: 0.54mg (5.38%), Zinc: 0.71mg (4.71%), Calcium: 36.34mg (3.63%), Selenium: 1.85µg (2.64%), Vitamin B12: 0.06µg (1.08%)