



Rib Eye Steaks with Cowboy Butter

 **Gluten Free**

READY IN

ready

45 min.

SERVINGS

servings

4

CALORIES

calories

462 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 2 tablespoons butter
- ☐ 0.3 cup parsley fresh finely minced plus more if needed
- ☐ 1 clove garlic finely minced
- ☐ 1 pinch coarsely ground pepper black plus more if needed
- ☐ 1 lemon zest halved
- ☐ 0.3 teaspoon pepper flakes red
- ☐ 4 rib eye steaks thick
- ☐ 4 servings salt

☐ 4 servings salt and pepper black freshly ground

☐ 2 sticks butter salted softened

Equipment

☐ bowl

☐ frying pan

☐ oven

☐ blender

☐ plastic wrap

Directions

☐ For the cowboy butter: Well in advance, make the cowboy butter.

☐ Place the softened butter in the bowl of a mixer fitted with a paddle attachment. Whip the butter until it's fluffy.

☐ Add the parsley, red pepper flakes, black pepper, garlic, lemon zest and the juice of half the lemon.

☐ Mix it until it's totally combined, scraping the sides as needed.

☐ Add more parsley, more lemon juice, more pepper or salt if you'd like.

☐ Lay out a long piece of plastic wrap and scoop the butter mixture in a long strip down the middle of it. Carefully pull one side of the plastic wrap over the butter, squeezing it gently to form it into a log. Continue to roll the log of butter into a roll. When it's all rolled up, twist the ends (like a piece of candy) until they become very taut (this means the butter is pressing together inside the plastic to form a cohesive roll).

☐ Place the roll of butter into the fridge so it will harden, or into the freezer if you need to speed along the process.

☐ For the steaks: Preheat the oven to 475 degrees F.

☐ Sprinkle salt and pepper on both sides of the steaks.

☐ Melt the butter in a heavy ovenproof skillet over medium-high heat. When it's melted and golden brown, sear the steaks for about 45 seconds per side. Set in the oven to finish, about 3 minutes.

☐ Lay a thick slice of cowboy butter on top of each steak so it will begin to melt.

Serve within 5 minutes.

Nutrition Facts

PROTEIN 0.84%

FAT 98.33%

CARBS 0.83%

Properties

Glycemic Index:56.5, Glycemic Load:0.15, Inflammation Score:-8, Nutrition Score:7.4752173505562%

Flavonoids

Apigenin: 10.77mg, Apigenin: 10.77mg, Apigenin: 10.77mg, Apigenin: 10.77mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Myricetin: 0.75mg, Myricetin: 0.75mg, Myricetin: 0.75mg, Myricetin: 0.75mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 461.66kcal (23.08%), Fat: 51.71g (79.55%), Saturated Fat: 32.71g (204.47%), Carbohydrates: 0.98g (0.33%), Net Carbohydrates: 0.57g (0.21%), Sugar: 0.16g (0.18%), Cholesterol: 137.13mg (45.71%), Sodium: 607.71mg (26.42%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 0.99g (1.98%), Vitamin K: 86.81µg (82.68%), Vitamin A: 2046.78IU (40.94%), Vitamin C: 8.82mg (10.69%), Vitamin E: 1.56mg (10.43%), Calcium: 26.66mg (2.67%), Folate: 9.81µg (2.45%), Iron: 0.4mg (2.22%), Phosphorus: 21.48mg (2.15%), Vitamin B12: 0.12µg (2.08%), Manganese: 0.04mg (1.96%), Vitamin B2: 0.03mg (1.9%), Fiber: 0.41g (1.66%), Potassium: 55.17mg (1.58%), Selenium: 1.03µg (1.48%), Vitamin B6: 0.03mg (1.26%), Zinc: 0.18mg (1.21%), Magnesium: 4.8mg (1.2%), Vitamin B5: 0.1mg (1.02%)