



Rib-Eye Steaks with Curried Salt



Gluten Free



Dairy Free



Low Fod Map

READY IN



20 min.

SERVINGS



2

CALORIES



10 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1.8 teaspoons curry powder
- ☐ 1.5 teaspoons kosher salt
- ☐ 1.5 inch beef rib steak
- ☐ 0.3 cup water

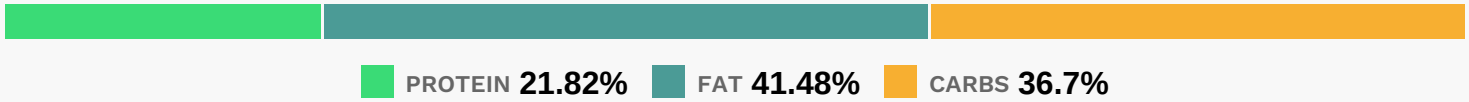
Equipment

- ☐ frying pan
- ☐ kitchen thermometer

Directions

- ☐ Stir together salt and curry powder. Pat steaks dry and sprinkle both sides evenly with curried salt.
- ☐ Heat a well-seasoned 10-inch cast-iron skillet over moderately high heat until hot but not smoking, then sear steaks 4 to 5 minutes on each side, or until an instant-read thermometer inserted horizontally into thickest part of meat registers 130°F for medium-rare.
- ☐ Transfer steaks to a plate and let stand 5 minutes.
- ☐ Add water to skillet and deglaze pan by boiling, scraping up brown bits, until reduced to about 2 tablespoons. Spoon juices over meat.

Nutrition Facts



Properties

Glycemic Index:2.5, Glycemic Load:0.02, Inflammation Score:-1, Nutrition Score:1.1382608644502%

Nutrients (% of daily need)

Calories: 9.65kcal (0.48%), Fat: 0.51g (0.79%), Saturated Fat: 0.16g (0.99%), Carbohydrates: 1.02g (0.34%), Net Carbohydrates: 0.44g (0.16%), Sugar: 0.05g (0.05%), Cholesterol: 1.16mg (0.39%), Sodium: 1747.49mg (75.98%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.6g (1.21%), Manganese: 0.08mg (3.98%), Iron: 0.57mg (3.14%), Vitamin E: 0.38mg (2.57%), Fiber: 0.58g (2.32%), Vitamin K: 1.78µg (1.69%), Vitamin B6: 0.03mg (1.39%), Magnesium: 5.19mg (1.3%), Zinc: 0.18mg (1.17%), Selenium: 0.77µg (1.1%), Copper: 0.02mg (1.09%), Calcium: 10.47mg (1.05%)