



 **48%**  
HEALTH SCORE

## Rib-Eye Steaks with Gorgonzola Butter and Crispy Sweet Onion Rings

READY IN



45 min.

SERVINGS



6

CALORIES



1429 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 3 cups buttermilk
- 4 cups canola oil for frying ()
- 2 tablespoons parsley fresh chopped
- 2 heads cloves
- 3 tablespoons garlic powder
- 2 ounces gorgonzola crumbled
- 1.5 teaspoons pepper black
- 2 tablespoons olive oil

- 3 tablespoons onion powder
- 60 ounce beef rib steak
- 1.5 teaspoons salt
- 2 onion sweet separated thinly sliced into rounds, then into rings (such as Vidalia or Walla Walla)
- 3 cups unbleached all purpose flour
- 0.5 cup butter unsalted room temperature (1 stick)

## Equipment

- bowl
- frying pan
- baking sheet
- paper towels
- oven
- plastic wrap
- aluminum foil

## Directions

- Preheat oven to 350°F.
- Place garlic on piece of foil; drizzle with olive oil. Enclose garlic in foil.
- Bake until garlic is very soft, about 1 hour. Cool. Squeeze garlic cloves out from papery skins into medium bowl; mash garlic with fork.
- Mix in butter, cheese, and parsley. Season with salt and pepper.
- Transfer Gorgonzola butter to sheet of plastic wrap. Using plastic wrap as aid, form butter into 1 1/4-inch-diameter log, wrapping plastic tightly around butter. Chill until firm. (Can be made 2 days ahead; keep chilled.)
- Cut into 1/2-inch-thick rounds.
- Pour buttermilk into large bowl.
- Add onion rings; toss to coat.
- Let stand 1 hour, tossing occasionally.

- Mix flour, onion powder, garlic powder, salt, and pepper in another large bowl.
- Preheat oven to 350°F.
- Pour enough oil into heavy large skillet to reach depth of 3 inches.
- Heat over medium-high heat to 350°F. Working with a few onion rings at a time, shake off excess buttermilk, then turn onion rings in flour mixture to coat. Fry onion rings until deep golden brown, adjusting heat as necessary for each batch to maintain temperature at 350°F, about 2 minutes.
- Transfer onion rings to paper towels to drain, then place on baking sheet and keep warm in oven while frying remaining onion rings.
- Brush steaks with olive oil; sprinkle with salt and pepper.
- Heat 2 large nonstick skillets over medium-high heat.
- Add 3 steaks to each skillet and cook to desired doneness, about 4 minutes per side for medium-rare.
- Serve with Gorgonzola butter and onion rings.

## Nutrition Facts

**PROTEIN 19.91%** **FAT 61.05%** **CARBS 19.04%**

### Properties

Glycemic Index:21.17, Glycemic Load:2.08, Inflammation Score:-9, Nutrition Score:46.259129855944%

### Flavonoids

Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg Apigenin: 2.88mg, Apigenin: 2.88mg, Apigenin: 2.88mg, Apigenin: 2.88mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 1.28mg, Kaempferol: 1.28mg, Kaempferol: 1.28mg, Kaempferol: 1.28mg Myricetin: 1.46mg, Myricetin: 1.46mg, Myricetin: 1.46mg, Myricetin: 1.46mg Quercetin: 16.02mg, Quercetin: 16.02mg, Quercetin: 16.02mg, Quercetin: 16.02mg

### Nutrients (% of daily need)

Calories: 1428.97kcal (71.45%), Fat: 97.48g (149.97%), Saturated Fat: 34.57g (216.09%), Carbohydrates: 68.41g (22.8%), Net Carbohydrates: 64.56g (23.48%), Sugar: 11.97g (13.3%), Cholesterol: 233.89mg (77.96%), Sodium: 982.44mg (42.71%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 71.55g (143.1%), Selenium: 98.42µg (140.6%), Zinc: 16.14mg (107.6%), Vitamin B12: 5.41µg (90.09%), Vitamin B3: 18mg (90%), Vitamin B2: 1.27mg (74.63%), Vitamin B6: 1.46mg (72.84%), Phosphorus: 678.37mg (67.84%), Vitamin B1: 0.88mg (58.74%), Vitamin K: 54.1µg (51.53%), Iron: 8.7mg (48.31%), Vitamin E: 6.69mg (44.61%), Manganese: 0.87mg (43.45%), Folate: 164.54µg (41.14%),

Potassium: 1248.46mg (35.67%), Magnesium: 107.2mg (26.8%), Calcium: 266.89mg (26.69%), Copper: 0.46mg (23.1%), Vitamin A: 903.3IU (18.07%), Fiber: 3.86g (15.42%), Vitamin D: 2.17µg (14.5%), Vitamin B5: 1.09mg (10.91%), Vitamin C: 7.94mg (9.62%)