



Rib Eye Steaks with Mushroom Sauce

READY IN

ready

95 min.

SERVINGS

servings

6

CALORIES

calories

171 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 cup beef broth
- ☐ 2 tablespoons butter
- ☐ 0.5 teaspoon thyme leaves dried
- ☐ 6 servings thyme leaves fresh for garnish, optional
- ☐ 4 cloves garlic minced
- ☐ 6 servings salt and ground pepper fresh black
- ☐ 0.5 cup heavy whipping cream
- ☐ 16 ounce gourmet blend mushrooms sliced
- ☐ 2 tablespoons olive oil

- ☐ 6 rib eye steaks 1-inch-thick
- ☐ 1 shallots minced

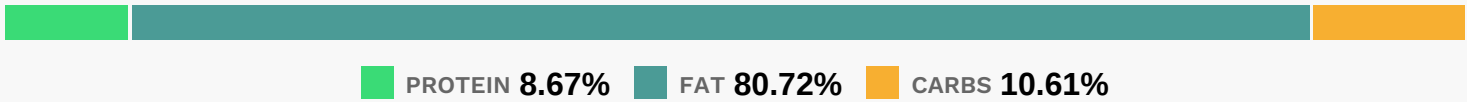
Equipment

- ☐ frying pan

Directions

- ☐ In a large skillet, melt the butter over medium heat.
- ☐ Add the mushrooms, garlic and shallots. Cook, stirring frequently, until the mushrooms are tender, about 10 minutes.
- ☐ Add the broth and bring to a boil. Reduce the heat and simmer until the liquid is reduced to about 1/2 cup, about 12 minutes. Stir in the cream and simmer until the sauce is thickened, 6 to 8 minutes. Stir in the thyme, 1/2 teaspoon salt and 1/2 teaspoon pepper. Set aside and keep warm.
- ☐ Sprinkle the steaks evenly with salt and pepper.
- ☐ In a large skillet, heat the oil over medium-high heat.
- ☐ Add the steaks, in batches if necessary, and cook for 4 to 5 minutes per side or until desired degree of doneness.
- ☐ Remove from the skillet and let stand for 10 minutes.
- ☐ Serve the steaks with the mushroom sauce.
- ☐ Garnish with thyme leaves if desired.

Nutrition Facts



Properties

Glycemic Index:36.5, Glycemic Load:0.96, Inflammation Score:-8, Nutrition Score:7.1852173857067%

Flavonoids

Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.46mg, Luteolin: 0.46mg, Luteolin: 0.46mg, Luteolin: 0.46mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.03mg,

Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 171.13kcal (8.56%), Fat: 16.14g (24.83%), Saturated Fat: 7.76g (48.5%), Carbohydrates: 4.77g (1.59%), Net Carbohydrates: 3.64g (1.32%), Sugar: 2.43g (2.7%), Cholesterol: 33.06mg (11.02%), Sodium: 189.55mg (8.24%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.9g (7.8%), Vitamin B2: 0.36mg (21.28%), Vitamin B3: 3.15mg (15.75%), Copper: 0.26mg (13.03%), Vitamin B5: 1.22mg (12.25%), Selenium: 8.54µg (12.2%), Vitamin A: 459.89IU (9.2%), Phosphorus: 91.22mg (9.12%), Potassium: 314.73mg (8.99%), Vitamin B6: 0.14mg (6.85%), Vitamin E: 0.98mg (6.54%), Manganese: 0.12mg (6.09%), Vitamin C: 4.31mg (5.22%), Vitamin K: 5.45µg (5.19%), Vitamin B1: 0.07mg (4.98%), Iron: 0.88mg (4.9%), Fiber: 1.13g (4.51%), Folate: 16.79µg (4.2%), Zinc: 0.56mg (3.74%), Magnesium: 12.62mg (3.16%), Vitamin D: 0.47µg (3.13%), Calcium: 30.22mg (3.02%), Vitamin B12: 0.11µg (1.91%)