



Rib Eye Steaks with Pete's Barbecue Sauce



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



45

CALORIES



105 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 cup barbecue sauce
- ☐ 1 teaspoon cumin seeds
- ☐ 0.5 teaspoon ground mustard dry
- ☐ 2 garlic clove minced
- ☐ 0.3 teaspoon ground cloves
- ☐ 2 tablespoons brown sugar light
- ☐ 0.3 cup onion finely chopped
- ☐ 2 plum tomatoes coarsely chopped

- ☐ 1 cup red wine vinegar
- ☐ 45 servings rosemary for garnish
- ☐ 45 servings salt and pepper freshly ground
- ☐ 4 pound beef rib steak
- ☐ 2 tablespoons vegetable oil plus more for grilling
- ☐ 1 teaspoon frangelico
- ☐ 1 teaspoon frangelico

Equipment

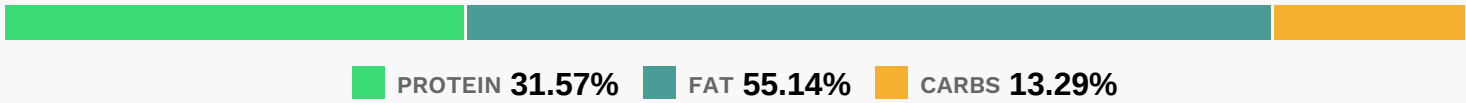
- ☐ bowl
- ☐ sauce pan
- ☐ blender
- ☐ grill
- ☐ grill pan

Directions

- ☐ In a medium saucepan, combine the vinegar, dry mustard and cloves and simmer over moderate heat until reduced by half, about 10 minutes.
- ☐ Transfer the vinegar to a heatproof bowl. Wipe out the saucepan.
- ☐ Add the 2 tablespoons of oil to the saucepan, along with the onion, garlic and cumin. Cook over moderately low heat until the onion is softened and fragrant, about 5 minutes.
- ☐ Add the brown sugar and tomatoes and cook until softened, about 5 minutes.
- ☐ Add the reduced vinegar and the barbecue sauce and simmer until reduced to 2 cups, about 5 minutes.
- ☐ Transfer the sauce to a blender and puree until smooth.
- ☐ Add the sambal oelek and season with salt and pepper.
- ☐ Light a grill or preheat a grill pan. Rub the steaks with oil and season generously with salt and pepper. Grill over moderately high heat, turning once, until the steaks are lightly charred and medium-rare, about 6 minutes total.

Let the steaks rest for 5 minutes, then garnish with rosemary and serve with the barbecue sauce.

Nutrition Facts



Properties

Glycemic Index:3.78, Glycemic Load:0.07, Inflammation Score:-1, Nutrition Score:4.1095652398856%

Flavonoids

Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Isorhamnetin: 0.04mg, Isorhamnetin: 0.04mg, Isorhamnetin: 0.04mg, Isorhamnetin: 0.04mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.2mg, Quercetin: 0.2mg, Quercetin: 0.2mg, Quercetin: 0.2mg

Nutrients (% of daily need)

Calories: 104.87kcal (5.24%), Fat: 6.39g (9.83%), Saturated Fat: 2.64g (16.51%), Carbohydrates: 3.46g (1.15%), Net Carbohydrates: 3.3g (1.2%), Sugar: 2.74g (3.05%), Cholesterol: 24.59mg (8.2%), Sodium: 281.15mg (12.22%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.23g (16.46%), Selenium: 10µg (14.29%), Zinc: 2.1mg (13.97%), Vitamin B12: 0.67µg (11.16%), Vitamin B3: 2.04mg (10.18%), Vitamin B6: 0.17mg (8.64%), Phosphorus: 61.39mg (6.14%), Vitamin B2: 0.1mg (5.97%), Iron: 0.84mg (4.65%), Potassium: 136.01mg (3.89%), Vitamin B1: 0.04mg (2.64%), Magnesium: 10.48mg (2.62%), Copper: 0.04mg (2.02%), Vitamin K: 2.07µg (1.97%), Manganese: 0.03mg (1.42%)