



Rib-Eye Steaks with Pistachio Butter and Asparagus

 Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



468 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 cup arugula
- ☐ 1 pound asparagus trimmed
- ☐ 0.3 cup butter softened
- ☐ 1.5 teaspoons kosher salt
- ☐ 2 tablespoons olive oil
- ☐ 1.5 teaspoons pepper
- ☐ 0.3 cup roasted pistachios unsalted shelled

☐ 2 rib-eye steaks boneless

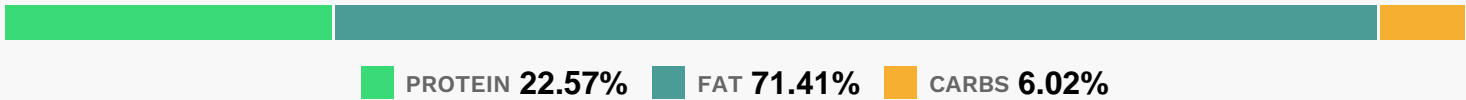
Equipment

- ☐ food processor
- ☐ bowl
- ☐ grill
- ☐ aluminum foil
- ☐ cutting board

Directions

- ☐ If youre camping, do this before you leave home: Whirl pistachios and arugula in a food processor until minced.
- ☐ Add butter and whirl until smooth, scraping down inside of bowl as needed.
- ☐ Transfer to a small container and chill.
- ☐ Heat a charcoal or wood-fired grill to high (450 to 550; you can hold your hand 5 in. above cooking grate only 2 to 4 seconds). Coat steaks and asparagus with oil and season with salt and pepper. Grill steaks, turning once, until done the way you like, 6 to 15 minutes for medium-rare. Grill asparagus in last few minutes, turning once, until tender-crisp.
- ☐ Transfer everything to a cutting board, dollop steaks with butter, and tent with foil.
- ☐ Let rest 5 minutes. Slice steaks and serve with asparagus.
- ☐ *If you cant find unsalted pistachios, use unsalted butter to balance the salty nuts.
- ☐ Make ahead: Pistachio butter, up to 1 week, chilled.

Nutrition Facts



Properties

Glycemic Index:36.5, Glycemic Load:0.78, Inflammation Score:-8, Nutrition Score:22.440869808197%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 6.68mg, Isorhamnetin: 6.68mg, Isorhamnetin: 6.68mg, Isorhamnetin: 6.68mg Kaempferol: 3.32mg, Kaempferol: 3.32mg, Kaempferol: 3.32mg, Kaempferol: 3.32mg Quercetin: 16.25mg, Quercetin: 16.25mg, Quercetin: 16.25mg, Quercetin: 16.25mg

Nutrients (% of daily need)

Calories: 468.43kcal (23.42%), Fat: 38.2g (58.77%), Saturated Fat: 15.86g (99.12%), Carbohydrates: 7.25g (2.42%), Net Carbohydrates: 3.8g (1.38%), Sugar: 2.84g (3.16%), Cholesterol: 99.43mg (33.14%), Sodium: 1026.41mg (44.63%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 27.17g (54.34%), Vitamin K: 61.77µg (58.83%), Selenium: 31.14µg (44.49%), Zinc: 6.64mg (44.24%), Vitamin B3: 6.78mg (33.88%), Vitamin B6: 0.65mg (32.32%), Vitamin B12: 1.9µg (31.67%), Vitamin A: 1371.45IU (27.43%), Iron: 4.88mg (27.09%), Vitamin B2: 0.46mg (26.97%), Phosphorus: 264.93mg (26.49%), Vitamin B1: 0.32mg (21.25%), Copper: 0.42mg (20.8%), Manganese: 0.39mg (19.43%), Vitamin E: 2.81mg (18.76%), Potassium: 641.62mg (18.33%), Folate: 71.68µg (17.92%), Fiber: 3.44g (13.77%), Magnesium: 51.92mg (12.98%), Vitamin C: 7.33mg (8.89%), Calcium: 58.69mg (5.87%), Vitamin B5: 0.4mg (3.98%)