



Rib-Eye Steaks with Savory Chocolate Sauce

 Gluten Free

READY IN



80 min.

SERVINGS



4

CALORIES



952 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 8 ounce baby portabella mushroom sliced
- 1 tablespoon brown gravy mix
- 2 tablespoons butter cold cut into cubes
- 14.5 ounce beef broth canned
- 2 tablespoons canola oil
- 0.3 cup chocolate dark grated
- 2 tablespoons parsley fresh chopped for garnish
- 2 sprigs thyme leaves fresh chopped

- 1 cup heavy cream
- 4 servings kosher salt and pepper black freshly ground
- 1 cup onions frozen thawed
- 1 tablespoon worcestershire sauces
- 1.5 pounds rib-eye steaks
- 2 shallots finely chopped
- 8 ounce mushroom caps sliced
- 4 tablespoons butter unsalted
- 0.3 cup canadian whiskey

Equipment

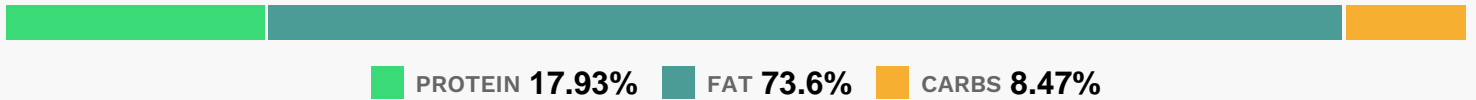
- bowl
- frying pan
- aluminum foil

Directions

- Let the steaks sit out for 30 minutes before cooking to come to room temperature.
- Heat the canola oil in a cast iron skillet over medium-high heat. Season the steaks with salt and pepper.
- Place them in the hot pan. Cook for about 3 minutes per side for medium rare.
- Remove the steaks from the pan, cover them loosely with foil, and let them rest for 5 minutes before slicing while you make the sauce.
- Turn the temperature on the skillet down to medium.
- Add the shallots and cook until they soften a bit, about 2 minutes.
- Pour in the broth and Worcestershire sauce and bring it up to a simmer. While the broth comes to a simmer, add the gravy mix to a small bowl and mix with 2 tablespoons water.
- Add to the broth, stir, and let simmer until thickened. Stir in the chocolate and cold butter to thicken the sauce. Taste and adjust the seasoning with salt and pepper.
- Place the steaks onto a serving platter, pour the sauce over top (or serve on the side), and garnish with parsley.

- Serve with
- Sautéed Mushrooms and Onions.
- In a large skillet over medium heat, add the butter. When the butter has melted, add the mushrooms and onions and season with salt and pepper. Cook until they begin to soften and the mushrooms release their juices, about 7 minutes. Take the pan off of the heat and add the whiskey.
- Place back on the heat, add the thyme, and cook until the moisture has evaporated and the pan is almost dry, about 3 minutes.
- Add the cream and bring to a simmer. Cook until the cream thickens a bit, 4 to 5 minutes. Taste and adjust the seasoning with salt and pepper.

Nutrition Facts



Properties

Glycemic Index:71.5, Glycemic Load:3.05, Inflammation Score:-9, Nutrition Score:33.94434816941%

Flavonoids

Apigenin: 4.33mg, Apigenin: 4.33mg, Apigenin: 4.33mg, Apigenin: 4.33mg Luteolin: 0.26mg, Luteolin: 0.26mg, Luteolin: 0.26mg, Luteolin: 0.26mg Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg Kaempferol: 0.29mg, Kaempferol: 0.29mg, Kaempferol: 0.29mg, Kaempferol: 0.29mg Myricetin: 0.31mg, Myricetin: 0.31mg, Myricetin: 0.31mg, Myricetin: 0.31mg Quercetin: 8.13mg, Quercetin: 8.13mg, Quercetin: 8.13mg, Quercetin: 8.13mg

Nutrients (% of daily need)

Calories: 952.32kcal (47.62%), Fat: 76.32g (117.41%), Saturated Fat: 38.75g (242.21%), Carbohydrates: 19.77g (6.59%), Net Carbohydrates: 15.51g (5.64%), Sugar: 9.66g (10.73%), Cholesterol: 216.77mg (72.26%), Sodium: 604.06mg (26.26%), Alcohol: 5.31g (100%), Alcohol %: 1.2% (100%), Caffeine: 8.75mg (2.92%), Protein: 41.83g (83.67%), Selenium: 63.29µg (90.42%), Zinc: 10.61mg (70.73%), Vitamin B3: 13.76mg (68.8%), Vitamin B2: 0.97mg (57.32%), Vitamin B12: 3.11µg (51.9%), Vitamin B6: 1.04mg (51.9%), Phosphorus: 484.47mg (48.45%), Vitamin K: 44.94µg (42.8%), Copper: 0.73mg (36.72%), Potassium: 1193.25mg (34.09%), Vitamin A: 1698.9IU (33.98%), Iron: 5.4mg (30.03%), Manganese: 0.55mg (27.46%), Magnesium: 92.34mg (23.08%), Vitamin B5: 2.04mg (20.39%), Vitamin B1: 0.26mg (17.33%), Fiber: 4.25g (17%), Vitamin E: 2.36mg (15.73%), Folate: 46.85µg (11.71%), Vitamin D: 1.62µg (10.77%), Calcium: 106.8mg (10.68%), Vitamin C: 7.78mg (9.43%)