



Rib-Eye Steaks with Tomato-Basil Relish



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



595 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 3 tablespoons balsamic vinegar
- ☐ 1 cloves garlic minced peeled
- ☐ 2 tablespoons basil leaves fresh chopped
- ☐ 3 tablespoons olive oil
- ☐ 4 boned beef rib-eye steaks thick ()
- ☐ 4 servings salt and fresh-cracked pepper
- ☐ 1 pound firm-ripe tomatoes

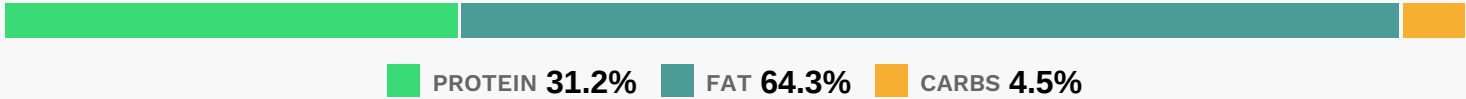
Equipment

- ☐ bowl
- ☐ grill

Directions

- ☐ Trim excess surface fat from steaks. Rinse steaks and pat dry; set in a single layer on a plate. In a small bowl, mix half the vinegar and half the olive oil. Rub mixture all over steaks to coat.
- ☐ Let stand for at least 15 minutes, or cover and chill up to 4 hours.
- ☐ Meanwhile, rinse, core, and coarsely chop tomatoes. In a bowl, mix tomatoes, basil, garlic, and remaining balsamic vinegar and olive oil.
- ☐ Add salt to taste.
- ☐ Lay steaks on an oiled barbecue grill over a solid bed of hot coals or high heat on a gas grill (you can hold your hand at grill level only 2 to 3 seconds); close lid on gas grill. Cook steaks, turning once, until browned on both sides and done to your liking in center of thickest part (cut to test), 10 to 13 minutes for medium-rare.
- ☐ Transfer steaks to plates.
- ☐ Let rest in a warm place for 3 to 5 minutes.
- ☐ Add salt and pepper to taste and garnish with tomato-basil relish.

Nutrition Facts



Properties

Glycemic Index:47, Glycemic Load:2.26, Inflammation Score:-7, Nutrition Score:25.83695650619%

Flavonoids

Naringenin: 0.77mg, Naringenin: 0.77mg, Naringenin: 0.77mg, Naringenin: 0.77mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg Quercetin: 0.67mg, Quercetin: 0.67mg, Quercetin: 0.67mg, Quercetin: 0.67mg

Nutrients (% of daily need)

Calories: 595.22kcal (29.76%), Fat: 42.69g (65.68%), Saturated Fat: 15.7g (98.11%), Carbohydrates: 6.73g (2.24%), Net Carbohydrates: 5.34g (1.94%), Sugar: 4.79g (5.32%), Cholesterol: 137.86mg (45.95%), Sodium: 320.12mg

(13.92%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 46.61g (93.21%), Selenium: 55.25µg (78.93%), Zinc: 11.81mg (78.76%), Vitamin B12: 3.75µg (62.53%), Vitamin B3: 11.75mg (58.76%), Vitamin B6: 1mg (50.17%), Phosphorus: 356.64mg (35.66%), Vitamin B2: 0.56mg (33.13%), Potassium: 893.98mg (25.54%), Iron: 4.38mg (24.36%), Vitamin K: 22.83µg (21.74%), Vitamin A: 1031.32IU (20.63%), Vitamin C: 15.95mg (19.33%), Vitamin B1: 0.24mg (16.18%), Magnesium: 62.21mg (15.55%), Vitamin E: 2.13mg (14.22%), Copper: 0.25mg (12.63%), Manganese: 0.17mg (8.48%), Folate: 24.49µg (6.12%), Fiber: 1.39g (5.57%), Calcium: 33.75mg (3.38%), Vitamin D: 0.23µg (1.51%), Vitamin B5: 0.11mg (1.07%)