



Rib-Eye Tacos with Onion Jam and Horseradish Crème Fraîche

READY IN



45 min.

SERVINGS



10

CALORIES



520 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 10 servings cilantro leaves fresh
- ☐ 10 servings kosher salt
- ☐ 8 ounce crème fraîche sour
- ☐ 2 cups wine dry red
- ☐ 10 8-inch flour tortilla cut into 5-inch square
- ☐ 1 tablespoon thyme sprigs fresh chopped
- ☐ 2 tablespoons honey
- ☐ 4 ounces horseradish fresh finely grated peeled

- ☐ 2 tablespoons olive oil
- ☐ 1.5 pounds onion red very thinly sliced
- ☐ 2 tablespoons red wine vinegar
- ☐ 36 ounce beef rib steak boneless fat trimmed
- ☐ 0.3 cup citrus champagne vinegar

Equipment

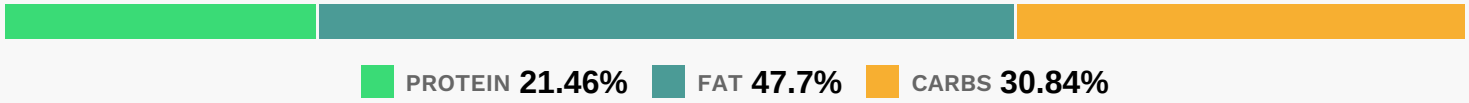
- ☐ food processor
- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ aluminum foil
- ☐ cutting board
- ☐ peeler
- ☐ box grater
- ☐ microplane

Directions

- ☐ Mix first 3 ingredients in small bowl to blend. Season to taste with kosher salt. (Can be prepared 1 day ahead. Cover and refrigerate.)
- ☐ Combine onions, wine, honey, and thyme in large skillet. Bring to boil. Reduce heat to medium-low and simmer uncovered until wine is almost absorbed, stirring occasionally, about 55 minutes.
- ☐ Mix in red wine vinegar. Simmer 10 minutes to blend flavors, adding water by tablespoonfuls to moisten if jam is dry and stirring often (onions will still be slightly crunchy). Season to taste with salt and pepper. (Can be prepared 1 day ahead. Cover and refrigerate. Before using, rewarm over medium heat until just warm, adding more water by tablespoonfuls if jam is dry.)
- ☐ Preheat oven to 350°F. Wrap tortillas in foil, enclosing completely.
- ☐ Place in oven until heated through, about 15 minutes.
- ☐ Meanwhile, heat 1 tablespoon olive oil in each of 2 heavy large skillets over high heat.

- ☐ Add 2 steaks to each skillet and cook to desired doneness, about 3 minutes per side for medium-rare.
- ☐ Transfer steaks to cutting board. Thinly slice steaks crosswise. Divide steak slices among warm tortillas. Top with onion jam, then spoonful of horseradish crème fraîche.
- ☐ Garnish with cilantro sprigs.
- ☐ Fresh horseradish root looks like a knottier cousin of the parsnip. Use a vegetable peeler to peel away the skin, then a box grater, food processor, or Microplane for grating. If the fresh root is unavailable, substitute 1/4 cup of prepared horseradish in this recipe.

Nutrition Facts



Properties

Glycemic Index:19.03, Glycemic Load:11.2, Inflammation Score:-8, Nutrition Score:17.612174021161%

Flavonoids

Petunidin: 1.59mg, Petunidin: 1.59mg, Petunidin: 1.59mg, Petunidin: 1.59mg Delphinidin: 2.01mg, Delphinidin: 2.01mg, Delphinidin: 2.01mg, Delphinidin: 2.01mg Malvidin: 12.6mg, Malvidin: 12.6mg, Malvidin: 12.6mg, Malvidin: 12.6mg Peonidin: 0.89mg, Peonidin: 0.89mg, Peonidin: 0.89mg, Peonidin: 0.89mg Catechin: 3.7mg, Catechin: 3.7mg, Catechin: 3.7mg, Catechin: 3.7mg Epicatechin: 5.12mg, Epicatechin: 5.12mg, Epicatechin: 5.12mg, Epicatechin: 5.12mg Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.35mg, Luteolin: 0.35mg, Luteolin: 0.35mg, Luteolin: 0.35mg Isorhamnetin: 3.42mg, Isorhamnetin: 3.42mg, Isorhamnetin: 3.42mg, Isorhamnetin: 3.42mg Kaempferol: 0.45mg, Kaempferol: 0.45mg, Kaempferol: 0.45mg, Kaempferol: 0.45mg Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg Quercetin: 14.14mg, Quercetin: 14.14mg, Quercetin: 14.14mg, Quercetin: 14.14mg

Nutrients (% of daily need)

Calories: 520.26kcal (26.01%), Fat: 25.79g (39.67%), Saturated Fat: 10.62g (66.36%), Carbohydrates: 37.51g (12.5%), Net Carbohydrates: 34.46g (12.53%), Sugar: 9g (10%), Cholesterol: 75.64mg (25.21%), Sodium: 633.02mg (27.52%), Alcohol: 5.04g (100%), Alcohol %: 1.99% (100%), Protein: 26.11g (52.22%), Selenium: 37.49µg (53.56%), Zinc: 5.72mg (38.15%), Vitamin B3: 7.37mg (36.85%), Phosphorus: 290.67mg (29.07%), Vitamin B12: 1.74µg (29.03%), Vitamin B6: 0.53mg (26.59%), Vitamin B2: 0.45mg (26.43%), Vitamin B1: 0.38mg (25.51%), Iron: 3.96mg (22.03%), Manganese: 0.36mg (18.13%), Folate: 65.75µg (16.44%), Potassium: 475.49mg (13.59%), Calcium: 124mg (12.4%), Fiber: 3.05g (12.2%), Magnesium: 43.32mg (10.83%), Copper: 0.17mg (8.5%), Vitamin C: 6.45mg (7.82%), Vitamin K: 7.81µg (7.44%), Vitamin A: 197.97IU (3.96%), Vitamin E: 0.51mg (3.37%), Vitamin B5: 0.25mg (2.5%)