



Rib-Eye with Chocolate-Spice Sauce

 **Gluten Free**  **Low Fod Map**

READY IN

ready

45 min.

SERVINGS

servings

2

CALORIES

calories

914 kcal

- LUNCH
- MAIN COURSE
- MAIN DISH
- DINNER

Ingredients

- ☐ 2 servings kosher salt and pepper black freshly ground
- ☐ 1 cup beef broth low-sodium
- ☐ 0.5 teaspoon pumpkin pie spice
- ☐ 0.3 teaspoon pepper flakes red crushed
- ☐ 1 cup red wine
- ☐ 2 rib-eye steaks
- ☐ 1 ounce bittersweet chocolate
- ☐ 1 cup meat-flavored spaghetti sauce

- ☐ 2 tablespoons butter unsalted
- ☐ 2 tablespoons vegetable oil

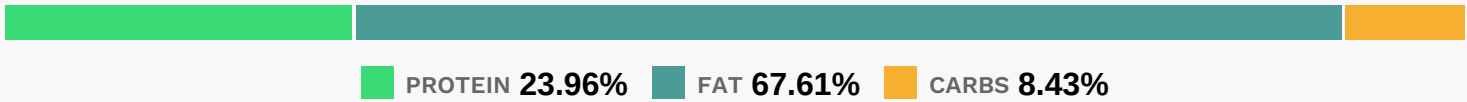
Equipment

- ☐ frying pan
- ☐ sauce pan

Directions

- ☐ In a saucepan, combine spaghetti sauce, wine, broth, pumpkin pie spice, chocolate and red pepper flakes. Bring to a boil over medium-high heat, stirring occasionally. Reduce heat to low and simmer for 30 minutes.
- ☐ Season the steak generously on both sides with salt and pepper, patting the seasoning into the meat.
- ☐ Heat a heavy skillet, preferably cast iron, over medium heat until hot.
- ☐ Add vegetable oil. When melted, add the steaks and cook until seared and well-crusted on 1 side, about 4 minutes.
- ☐ Add 1 tablespoon of butter to first side of steaks. Turn, add 1 tablespoon of butter to the other side of the steaks and cook 3 minutes more for medium-rare, and 4 minutes more for medium.
- ☐ Remove from the heat and let steaks rest for 5 minutes before slicing.
- ☐ Slice steaks, place on plates, and spoon sauce over.

Nutrition Facts



Properties

Glycemic Index:46, Glycemic Load:2.58, Inflammation Score:-8, Nutrition Score:31.430435004442%

Flavonoids

Cyanidin: 0.23mg, Cyanidin: 0.23mg, Cyanidin: 0.23mg, Cyanidin: 0.23mg Petunidin: 2.38mg, Petunidin: 2.38mg, Petunidin: 2.38mg, Petunidin: 2.38mg Delphinidin: 2.41mg, Delphinidin: 2.41mg, Delphinidin: 2.41mg, Delphinidin: 2.41mg Malvidin: 16.61mg, Malvidin: 16.61mg, Malvidin: 16.61mg, Malvidin: 16.61mg Peonidin: 1.5mg, Peonidin: 1.5mg,

Peonidin: 1.5mg, Peonidin: 1.5mg Catechin: 8.57mg, Catechin: 8.57mg, Catechin: 8.57mg, Catechin: 8.57mg
Epigallocatechin: 0.07mg, Epigallocatechin: 0.07mg, Epigallocatechin: 0.07mg, Epigallocatechin: 0.07mg
Epicatechin: 4.55mg, Epicatechin: 4.55mg, Epicatechin: 4.55mg, Epicatechin: 4.55mg Epicatechin 3–gallate:
0.01mg, Epicatechin 3–gallate: 0.01mg, Epicatechin 3–gallate: 0.01mg, Epicatechin 3–gallate: 0.01mg Hesperetin:
0.76mg, Hesperetin: 0.76mg, Hesperetin: 0.76mg, Hesperetin: 0.76mg Naringenin: 2.12mg, Naringenin: 2.12mg,
Naringenin: 2.12mg, Naringenin: 2.12mg Apigenin: 0.16mg, Apigenin: 0.16mg, Apigenin: 0.16mg, Apigenin: 0.16mg
Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Isorhamnetin: 0.02mg, Isorhamnetin:
0.02mg, Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg,
Kaempferol: 0.11mg Myricetin: 0.5mg, Myricetin: 0.5mg, Myricetin: 0.5mg, Myricetin: 0.5mg Quercetin: 1.25mg,
Quercetin: 1.25mg, Quercetin: 1.25mg, Quercetin: 1.25mg Gallocatechin: 0.1mg, Gallocatechin: 0.1mg, Gallocatechin:
0.1mg, Gallocatechin: 0.1mg

Nutrients (% of daily need)

Calories: 914.32kcal (45.72%), Fat: 62.81g (96.63%), Saturated Fat: 26.69g (166.84%), Carbohydrates: 17.61g
(5.87%), Net Carbohydrates: 14.45g (5.26%), Sugar: 10.37g (11.53%), Cholesterol: 168.81mg (56.27%), Sodium:
930.3mg (40.45%), Alcohol: 12.72g (100%), Alcohol %: 2.55% (100%), Caffeine: 12.19mg (4.06%), Protein: 50.09g
(100.18%), Zinc: 12.44mg (82.96%), Selenium: 57.55µg (82.22%), Vitamin B3: 12.71mg (63.57%), Vitamin B12: 3.8µg
(63.35%), Vitamin B6: 1.1mg (55.15%), Phosphorus: 427.83mg (42.78%), Potassium: 1455.15mg (41.58%), Vitamin B2:
0.67mg (39.52%), Iron: 6.67mg (37.04%), Vitamin K: 34.88µg (33.22%), Manganese: 0.57mg (28.7%), Magnesium:
106.69mg (26.67%), Copper: 0.52mg (25.79%), Vitamin E: 3.39mg (22.61%), Vitamin A: 999.65IU (19.99%), Vitamin
B1: 0.24mg (16.06%), Fiber: 3.16g (12.63%), Vitamin C: 8.69mg (10.54%), Calcium: 59.4mg (5.94%), Folate: 19.63µg
(4.91%), Vitamin B5: 0.48mg (4.76%), Vitamin D: 0.44µg (2.91%)