



Rib-Eye with Pineapple and Blue Cheese

 Vegetarian  Gluten Free

READY IN



155 min.

SERVINGS



2

CALORIES



371 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1 tablespoon balsamic vinegar
- 2 servings pepper black freshly ground
- 1.5 ounces cheese blue crumbled
- 2 servings kosher salt
- 0.3 cup onion yellow
- 2 tablespoons parsley fresh italian coarsely chopped
- 0.8 cup pineapple
- 0.3 cup soya sauce

- 1 tablespoon butter unsalted
- 3 tablespoons vegetable oil plus more if needed

Equipment

- bowl
- frying pan
- paper towels
- oven
- baking pan
- kitchen thermometer
- cutting board

Directions

- Place the soy sauce in a shallow baking dish. Pat the steaks dry with paper towels, place them in the dish, and turn to coat in the soy sauce. Marinate at room temperature for 2 hours, flipping the steaks halfway through. About 30 minutes before the steaks are ready, place the onion and vinegar in a medium bowl and stir to combine; set aside.
- Heat the oven to 400°F and arrange a rack in the middle.
- Heat 2 tablespoons of the oil in a cast-iron skillet over high heat until shimmering (there should be a thin coating of oil over the entire surface of the pan—add more if needed). Pat the steaks dry with paper towels and carefully place them in the pan. Cook undisturbed until the bottoms are deeply browned in spots, about 4 minutes. Flip the steaks over, divide the butter over the top of the steaks, and cook for 1 minute.
- Place the skillet in the oven and roast until an instant-read thermometer inserted into the thickest part of the steaks registers 125°F to 130°F for medium rare, about 3 minutes more.
- Transfer the steaks to a cutting board or plates, season with salt, and let rest for 8 minutes. Meanwhile, finish the relish.
- Add the pineapple, blue cheese, parsley, and remaining tablespoon of oil to the reserved onion-vinegar mixture, season with salt and pepper, and stir to combine.
- Serve the steak topped with the relish.

Nutrition Facts



■ PROTEIN 8.83% ■ FAT 76.66% ■ CARBS 14.51%

Properties

Glycemic Index:120.83, Glycemic Load:5.73, Inflammation Score:-7, Nutrition Score:14.660434914672%

Flavonoids

Apigenin: 8.62mg, Apigenin: 8.62mg, Apigenin: 8.62mg, Apigenin: 8.62mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg Myricetin: 0.61mg, Myricetin: 0.61mg, Myricetin: 0.61mg, Myricetin: 0.61mg Quercetin: 4.16mg, Quercetin: 4.16mg, Quercetin: 4.16mg, Quercetin: 4.16mg

Nutrients (% of daily need)

Calories: 370.65kcal (18.53%), Fat: 32.34g (49.75%), Saturated Fat: 10.71g (66.92%), Carbohydrates: 13.77g (4.59%), Net Carbohydrates: 12.17g (4.43%), Sugar: 8.78g (9.75%), Cholesterol: 31mg (10.33%), Sodium: 2064.53mg (89.76%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.38g (16.76%), Vitamin K: 104.79µg (99.8%), Vitamin C: 36.38mg (44.09%), Manganese: 0.78mg (38.82%), Vitamin A: 710.95IU (14.22%), Calcium: 140.63mg (14.06%), Phosphorus: 136.41mg (13.64%), Vitamin E: 1.93mg (12.88%), Vitamin B6: 0.19mg (9.53%), Vitamin B2: 0.16mg (9.23%), Vitamin B3: 1.75mg (8.76%), Folate: 34.12µg (8.53%), Magnesium: 29.19mg (7.3%), Iron: 1.3mg (7.22%), Potassium: 246.72mg (7.05%), Copper: 0.13mg (6.71%), Vitamin B5: 0.66mg (6.58%), Fiber: 1.6g (6.38%), Zinc: 0.86mg (5.7%), Vitamin B1: 0.09mg (5.68%), Selenium: 3.56µg (5.08%), Vitamin B12: 0.27µg (4.52%), Vitamin D: 0.21µg (1.41%)