



Rib-eyes with Beer-Onion Relish

 Dairy Free

READY IN



55 min.

SERVINGS



4

CALORIES



424 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 12 oz medium-bodied ale (such as New Belgium's Fat Tire)
- ☐ 0.5 teaspoon pepper black freshly ground
- ☐ 1 teaspoon coarse kosher salt
- ☐ 2 teaspoons flat-leaf parsley minced
- ☐ 1 tablespoon flour
- ☐ 1 clove garlic minced
- ☐ 1 juniper berry whole crushed
- ☐ 2 medium onions thinly sliced into half-moons

- ☐ 2 beef rib-eye steaks boneless (each)
- ☐ 0.8 teaspoon sugar
- ☐ 0.3 pound bacon thick-cut sliced
- ☐ 2 allspice whole crushed

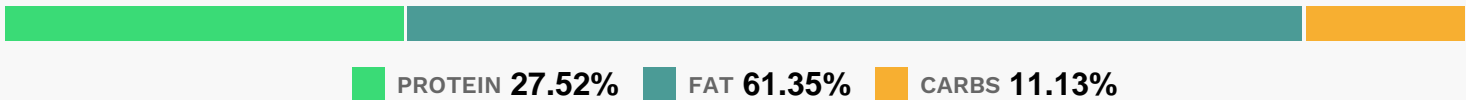
Equipment

- ☐ frying pan
- ☐ paper towels
- ☐ oven

Directions

- ☐ Preheat oven to 40
- ☐ In a large frying pan over medium-high heat, cook bacon until brown and crisp, about 7 minutes.
- ☐ Transfer to paper towels to drain.
- ☐ Pour off all but 1 tbsp. grease.
- ☐ Reduce heat to medium, add onions, and cook, stirring occasionally, until translucent, about 5 minutes.
- ☐ Add garlic, allspice, and juniper and cook 2 minutes.
- ☐ Sprinkle in flour and stir to combine.
- ☐ Add beer and sugar and cook, stirring occasionally, until liquid is absorbed and onions are very tender, about 20 minutes.
- ☐ Heat a medium ovenproof heavy-bottomed frying pan over high heat. Season steaks with salt and pepper and add to pan. Cook, turning once, until browned on both sides, about 3 minutes total.
- ☐ Transfer pan to oven and cook about 5 minutes (for medium-rare). Stir parsley and bacon into onions and serve over steak.

Nutrition Facts



Properties

Glycemic Index:80.4, Glycemic Load:4.02, Inflammation Score:-5, Nutrition Score:14.320434938306%

Flavonoids

Catechin: 0.32mg, Catechin: 0.32mg, Catechin: 0.32mg, Catechin: 0.32mg Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg Apigenin: 0.11mg, Apigenin: 0.11mg, Apigenin: 0.11mg, Apigenin: 0.11mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg Kaempferol: 1.05mg, Kaempferol: 1.05mg, Kaempferol: 1.05mg, Kaempferol: 1.05mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 11.2mg, Quercetin: 11.2mg, Quercetin: 11.2mg, Quercetin: 11.2mg Gallocatechin: 0.07mg, Gallocatechin: 0.07mg, Gallocatechin: 0.07mg, Gallocatechin: 0.07mg

Nutrients (% of daily need)

Calories: 423.51kcal (21.18%), Fat: 27.33g (42.04%), Saturated Fat: 10.91g (68.18%), Carbohydrates: 11.15g (3.72%), Net Carbohydrates: 10.08g (3.66%), Sugar: 3.1g (3.44%), Cholesterol: 87.64mg (29.21%), Sodium: 833.69mg (36.25%), Alcohol: 3.32g (100%), Alcohol %: 1.47% (100%), Protein: 27.58g (55.16%), Selenium: 34.82µg (49.74%), Zinc: 6.26mg (41.74%), Vitamin B3: 7.29mg (36.47%), Vitamin B12: 2.03µg (33.91%), Vitamin B6: 0.64mg (32.12%), Phosphorus: 235.05mg (23.51%), Vitamin B2: 0.34mg (19.99%), Vitamin B1: 0.22mg (14.92%), Potassium: 471.51mg (13.47%), Iron: 2.33mg (12.94%), Magnesium: 38.87mg (9.72%), Manganese: 0.14mg (7.06%), Copper: 0.13mg (6.74%), Folate: 22.53µg (5.63%), Vitamin C: 4.39mg (5.32%), Fiber: 1.08g (4.31%), Vitamin K: 3.16µg (3.01%), Calcium: 28.89mg (2.89%), Vitamin B5: 0.28mg (2.76%), Vitamin D: 0.23µg (1.51%)