



HEALTH SCORE

93%

Roasted Rib-Eye Steak with Herbed Mustard Sauce and Root Vegetables



Gluten Free



Dairy Free



Very Healthy

READY IN



45 min.

SERVINGS



2

CALORIES



1174 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 large carrots peeled halved lengthwise
- ☐ 2 servings herbed mustard sauce
- ☐ 5 tablespoons olive oil
- ☐ 6 pearl onions unpeeled
- ☐ 1.5 pound rib-eye steak thick (2 inches)
- ☐ 2 small rutabagas peeled cut into 1 1/2-inch pieces
- ☐ 2 small turnips peeled cut into 1 1/2-inch pieces

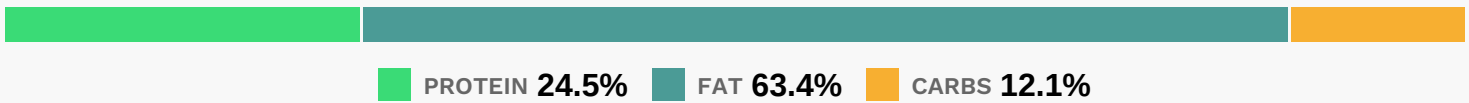
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven

Directions

- ☐ Preheat oven to 450°F.
- ☐ Combine vegetables and 3 tablespoons oil in medium bowl; toss to blend.
- ☐ Sprinkle generously with salt and pepper.
- ☐ Spread vegetables on rimmed baking sheet. Rub steak with remaining 2 tablespoons oil.
- ☐ Place steak on small baking sheet.
- ☐ Sprinkle generously with salt and pepper. Roast vegetables 40 minutes.
- ☐ Place steak in oven. Roast vegetables until tender and beginning to brown, stirring occasionally, and roast steak until cooked to desired doneness, about 20 minutes for medium-rare.
- ☐ Let steak stand 3 minutes. Thinly slice crosswise. Divide between 2 plates. Arrange roasted vegetables alongside.
- ☐ Serve, passing mustard sauce separately.

Nutrition Facts



Properties

Glycemic Index:125.42, Glycemic Load:14.96, Inflammation Score:-10, Nutrition Score:51.203043626702%

Flavonoids

Apigenin: 7.43mg, Apigenin: 7.43mg, Apigenin: 7.43mg, Apigenin: 7.43mg Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg Isorhamnetin: 4.51mg, Isorhamnetin: 4.51mg, Isorhamnetin: 4.51mg, Isorhamnetin: 4.51mg Kaempferol: 1.37mg, Kaempferol: 1.37mg, Kaempferol: 1.37mg, Kaempferol: 1.37mg Myricetin: 4.15mg, Myricetin: 4.15mg, Myricetin: 4.15mg, Myricetin: 4.15mg Quercetin: 18.52mg, Quercetin: 18.52mg, Quercetin: 18.52mg, Quercetin: 18.52mg

Nutrients (% of daily need)

Calories: 1173.69kcal (58.68%), Fat: 83.9g (129.08%), Saturated Fat: 26.36g (164.75%), Carbohydrates: 36.04g (12.01%), Net Carbohydrates: 26.77g (9.73%), Sugar: 18.18g (20.2%), Cholesterol: 207.52mg (69.17%), Sodium: 349.79mg (15.21%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 72.94g (145.88%), Vitamin A: 12088.54IU (241.77%), Selenium: 87µg (124.29%), Zinc: 18.44mg (122.9%), Vitamin B3: 19.08mg (95.42%), Vitamin B12: 5.65µg (94.12%), Vitamin B6: 1.82mg (90.75%), Vitamin C: 71.74mg (86.96%), Phosphorus: 664.81mg (66.48%), Vitamin B2: 0.98mg (57.5%), Potassium: 1983.48mg (56.67%), Iron: 7.56mg (42%), Vitamin E: 6.14mg (40.97%), Vitamin B1: 0.59mg (39.66%), Fiber: 9.27g (37.1%), Vitamin K: 36.75µg (35%), Magnesium: 136.59mg (34.15%), Manganese: 0.57mg (28.66%), Folate: 90.81µg (22.7%), Copper: 0.45mg (22.49%), Calcium: 172.63mg (17.26%), Vitamin B5: 0.75mg (7.51%), Vitamin D: 0.34µg (2.27%)