



Seared Rib Eye Steak with Tomato-Caper Relish

 Gluten Free  Dairy Free

READY IN



70 min.

SERVINGS



6

CALORIES



116 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.8 teaspoon pepper black freshly ground
- 3 tablespoons capers drained
- 2.3 teaspoons kosher salt divided
- 6 tablespoons cilantro leaves fresh chopped
- 1 garlic clove chopped
- 2.3 teaspoons ground cumin
- 2.3 teaspoons jalapeno finely chopped

- 1.5 tablespoons juice of lime fresh
- 4 tablespoons olive oil extra virgin extra-virgin divided
- 0.8 teaspoon oregano dried crumbled
- 6 tablespoons pimiento stuffed olives coarsely chopped
- 4.5 inch beef rib steak (each 1 pound)
- 0.8 pound vine ripened tomato yellow cut into 1/3-inch cubes

Equipment

- bowl
- frying pan
- knife
- cutting board

Directions

- Place 1/4 teaspoon coarse salt and garlic on work surface. Using flat side of knife blade, smash garlic and salt together until paste forms.
- Transfer garlic paste to medium bowl.
- Add orange and yellow tomatoes, olives, cilantro, 3 tablespoons olive oil, capers, lime juice, chopped jalapeño chiles, and dried oregano; toss relish to blend well. Season relish to taste with salt and pepper. DO AHEAD: Can be prepared 1 hour ahead.
- Let stand at room temperature.
- Sprinkle steaks on both sides with cumin, 3/4 teaspoon pepper, and 2 teaspoons coarse salt.
- Heat remaining 1 tablespoon olive oil in heavy large skillet over high heat until very hot, about 2 minutes.
- Add steaks. Sear steaks until browned and cooked to medium-rare, 6 to 7 minutes per side.
- Transfer steaks to cutting board and let rest 10 minutes.
- Thinly slice steaks crosswise. Overlap slices on plates.
- Serve with relish.

Nutrition Facts



■ PROTEIN 4.32% ■ FAT 82.58% ■ CARBS 13.1%

Properties

Glycemic Index:29, Glycemic Load:0.7, Inflammation Score:-6, Nutrition Score:4.6830434492263%

Flavonoids

Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg Hesperetin: 0.34mg, Hesperetin: 0.34mg, Hesperetin: 0.34mg, Hesperetin: 0.34mg Naringenin: 0.4mg, Naringenin: 0.4mg, Naringenin: 0.4mg, Naringenin: 0.4mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Kaempferol: 5.31mg, Kaempferol: 5.31mg, Kaempferol: 5.31mg, Kaempferol: 5.31mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 7.57mg, Quercetin: 7.57mg, Quercetin: 7.57mg, Quercetin: 7.57mg

Nutrients (% of daily need)

Calories: 115.62kcal (5.78%), Fat: 11.17g (17.19%), Saturated Fat: 1.62g (10.11%), Carbohydrates: 3.99g (1.33%), Net Carbohydrates: 2.58g (0.94%), Sugar: 1.73g (1.92%), Cholesterol: 1.16mg (0.39%), Sodium: 1113.4mg (48.41%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.31g (2.63%), Vitamin E: 2.15mg (14.33%), Vitamin K: 14.84µg (14.14%), Vitamin C: 11.62mg (14.08%), Vitamin A: 573.82IU (11.48%), Manganese: 0.15mg (7.6%), Fiber: 1.41g (5.64%), Iron: 0.99mg (5.5%), Potassium: 177.72mg (5.08%), Vitamin B6: 0.08mg (3.95%), Copper: 0.08mg (3.79%), Magnesium: 13.52mg (3.38%), Folate: 11.58µg (2.89%), Vitamin B3: 0.56mg (2.81%), Calcium: 26.2mg (2.62%), Phosphorus: 23.55mg (2.35%), Vitamin B1: 0.03mg (2.23%), Zinc: 0.27mg (1.81%), Vitamin B2: 0.03mg (1.69%), Selenium: 0.74µg (1.05%)