



Seared Rib Eye, Tomato Pan Sauce

READY IN

ready

40 min.

SERVINGS

servings

6

CALORIES

calories

644 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 cup barbeque
- ☐ 6 servings butter as needed
- ☐ 1 cup tomatoes diced canned
- ☐ 1 teaspoon celery seed
- ☐ 0.3 cup 1/4 cup dried cranberry (juice sweetened if possible)
- ☐ 0.3 cup grapeseed oil
- ☐ 2 cups thinly onion halves yellow cut
- ☐ 48 ounce eye steaks
- ☐ 1 teaspoon salt and pepper blend

- ☐ 6 servings salt and pepper black freshly ground
- ☐ 2 teaspoons worcestershire sauce

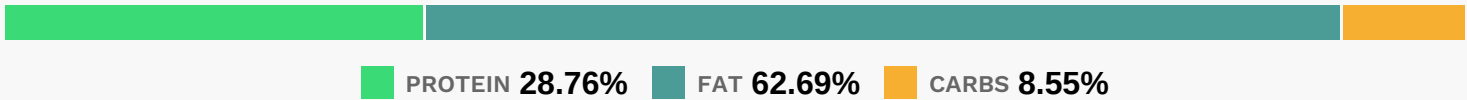
Equipment

- ☐ frying pan
- ☐ oven
- ☐ whisk
- ☐ blender
- ☐ wooden spoon

Directions

- ☐ For the sauce: In a saute pan, add the tomatoes, barbeque sauce, cranberry juice and celery seeds. Warm over medium-low heat to blend the flavors, about 5 minutes. Once warmed, remove from the heat, and the Worcestershire sauce and puree in a blender, with the vent removed, until smooth. Then return to the pan and bring to a simmer over medium-low heat. Once simmering, remove from the heat and whisk in some butter. Hold warm in the pan until serving.
- ☐ For the steaks: Preheat the oven to 400 degrees F. In a large skillet over medium-high heat, add the oil until hot, 2 to 3 minutes. Then add the onions and seasoning blend, stirring with a wooden spoon until the onions are translucent and slightly browned on the edges, 8 to 10 minutes. After caramelizing the onions, sprinkle the steaks with salt and pepper on both sides. Then add to the skillet and sear on both sides, 5 to 6 minutes.
- ☐ Once seared, remove the onions from the skillet and finish the steaks in the oven to desired temperature. They will be medium-rare to medium with oven cooking. Once the steaks are finished, sauce each plate with 1 to 2 ounces of sauce.
- ☐ Place steaks in center and finish with the onions.

Nutrition Facts



Properties

Glycemic Index:36.5, Glycemic Load:1.83, Inflammation Score:-6, Nutrition Score:25.062608501186%

Flavonoids

Apigenin: 0.27mg, Apigenin: 0.27mg, Apigenin: 0.27mg, Apigenin: 0.27mg Luteolin: 2.56mg, Luteolin: 2.56mg, Luteolin: 2.56mg, Luteolin: 2.56mg Isorhamnetin: 2.67mg, Isorhamnetin: 2.67mg, Isorhamnetin: 2.67mg, Isorhamnetin: 2.67mg Kaempferol: 0.35mg, Kaempferol: 0.35mg, Kaempferol: 0.35mg, Kaempferol: 0.35mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 11.2mg, Quercetin: 11.2mg, Quercetin: 11.2mg, Quercetin: 11.2mg

Nutrients (% of daily need)

Calories: 644.16kcal (32.21%), Fat: 45.43g (69.9%), Saturated Fat: 17.75g (110.94%), Carbohydrates: 13.94g (4.65%), Net Carbohydrates: 12.49g (4.54%), Sugar: 8.95g (9.95%), Cholesterol: 149.1mg (49.7%), Sodium: 805.16mg (35.01%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 46.89g (93.78%), Selenium: 55.9µg (79.86%), Zinc: 11.86mg (79.06%), Vitamin B12: 3.77µg (62.89%), Vitamin B3: 11.77mg (58.87%), Vitamin B6: 1.05mg (52.69%), Vitamin B2: 0.62mg (36.41%), Phosphorus: 360.6mg (36.06%), Iron: 4.77mg (26.48%), Potassium: 848.47mg (24.24%), Vitamin E: 3.44mg (22.93%), Vitamin B1: 0.25mg (16.54%), Magnesium: 62.6mg (15.65%), Copper: 0.26mg (12.91%), Vitamin C: 9.78mg (11.86%), Manganese: 0.16mg (7.92%), Vitamin A: 316.48IU (6.33%), Vitamin K: 6.45µg (6.14%), Fiber: 1.44g (5.77%), Folate: 22.4µg (5.6%), Calcium: 54.3mg (5.43%), Vitamin D: 0.23µg (1.51%), Vitamin B5: 0.13mg (1.29%)