



## Sensei's Crusty Crumbled Blue Cheese Steak Topping

READY IN



15 min.

SERVINGS



2

CALORIES



742 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- ☐ 0.5 cup cheese blue crumbled
- ☐ 3 tablespoons butter room-temperature
- ☐ 1 tablespoon horseradish prepared
- ☐ 0.5 cup italian-seasoned bread crumbs
- ☐ 12 ounce rib-eye steaks

### Equipment

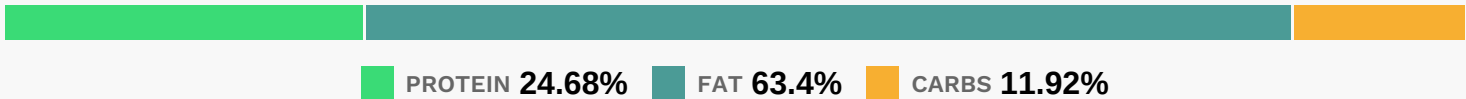
- ☐ bowl

- ☐ oven
- ☐ grill
- ☐ kitchen thermometer
- ☐ broiler
- ☐ broiler pan

## Directions

- ☐ Preheat an outdoor grill for medium-high heat and lightly oil the grate.
- ☐ Set oven rack about 6 inches from the heat source and preheat the oven's broiler.
- ☐ Stir butter and horseradish together in a bowl until evenly mixed. Fold blue cheese crumbles into the butter mixture.
- ☐ Mix bread crumbs thoroughly into topping.
- ☐ Grill steaks until they start to firm and are reddish-pink and juicy in the center, about 4 to 5 minutes per side for medium rare. An instant-read thermometer inserted into the center should read 130 degrees F (54 degrees C).
- ☐ Transfer steaks to a broiler pan.
- ☐ Spread about half the blue cheese mixture atop each steak.
- ☐ Cook steaks under the broiler until the crust becomes golden, about 3 minutes.

## Nutrition Facts



## Properties

Glycemic Index:56, Glycemic Load:0.43, Inflammation Score:-6, Nutrition Score:25.705217185228%

## Nutrients (% of daily need)

Calories: 742.01kcal (37.1%), Fat: 52.46g (80.71%), Saturated Fat: 28.23g (176.43%), Carbohydrates: 22.2g (7.4%), Net Carbohydrates: 20.48g (7.45%), Sugar: 2.5g (2.78%), Cholesterol: 174.52mg (58.17%), Sodium: 1043.91mg (45.39%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 45.95g (91.9%), Selenium: 54.23µg (77.47%), Zinc: 10.13mg (67.56%), Vitamin B12: 3.38µg (56.27%), Vitamin B3: 10.56mg (52.79%), Phosphorus: 436.02mg (43.6%), Vitamin B6: 0.79mg (39.61%), Vitamin B2: 0.67mg (39.35%), Vitamin B1: 0.45mg (29.96%), Calcium: 253.95mg (25.39%), Iron: 4.54mg (25.23%), Potassium: 635.05mg (18.14%), Vitamin K: 18.73µg (17.84%), Vitamin A: 865.87IU

(17.32%), Manganese: 0.31mg (15.38%), Magnesium: 59.73mg (14.93%), Folate: 57.86µg (14.46%), Copper: 0.22mg (11.19%), Vitamin B5: 0.8mg (8.01%), Fiber: 1.72g (6.87%), Vitamin E: 0.65mg (4.34%), Vitamin C: 2.68mg (3.25%), Vitamin D: 0.34µg (2.26%)