



Tart and Tangy Rib-Eye Steaks

 Gluten Free  Dairy Free

READY IN



43 min.

SERVINGS



4

CALORIES



504 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 tablespoon parsley dried
- 1 tablespoon garlic crushed
- 4 rib-eye steaks
- 0.3 cup steak sauce
- 2 tablespoons steak seasoning
- 0.3 cup whole-grain mustard

Equipment

- grill

ziploc bags

Directions

Preheat grill to medium-high heat

In a large resealable plastic bag combine mustard, steak sauce, garlic, and parsley. Massage the bag to combine the ingredients.

Place steak into bag with the marinade and massage bag to coat steaks. Allow to marinate for a least 30 minutes or as long as overnight, refrigerated.

Remove steaks from bag and sprinkle both sides with the steak seasoning.

Place on a well oiled grill and cook 4 minutes per side for medium-rare.

Nutrition Facts

 **PROTEIN 36.93%**  **FAT 58.1%**  **CARBS 4.97%**

Properties

Glycemic Index:15.5, Glycemic Load:0.24, Inflammation Score:-5, Nutrition Score:24.503478490788%

Flavonoids

Apigenin: 22.52mg, Apigenin: 22.52mg, Apigenin: 22.52mg, Apigenin: 22.52mg Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg Isorhamnetin: 1.66mg, Isorhamnetin: 1.66mg, Isorhamnetin: 1.66mg, Isorhamnetin: 1.66mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 504.17kcal (25.21%), Fat: 32.7g (50.31%), Saturated Fat: 14.33g (89.56%), Carbohydrates: 6.3g (2.1%), Net Carbohydrates: 5g (1.82%), Sugar: 1.79g (1.99%), Cholesterol: 137.86mg (45.95%), Sodium: 535.22mg (23.27%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 46.77g (93.54%), Selenium: 61.05µg (87.22%), Zinc: 11.86mg (79.04%), Vitamin B12: 3.75µg (62.53%), Vitamin B3: 11.41mg (57.05%), Vitamin B6: 0.98mg (49.18%), Phosphorus: 355.77mg (35.58%), Vitamin B2: 0.58mg (33.9%), Iron: 5.19mg (28.82%), Vitamin K: 26.89µg (25.61%), Potassium: 710.16mg (20.29%), Vitamin B1: 0.24mg (16.24%), Magnesium: 64.42mg (16.1%), Manganese: 0.31mg (15.51%), Copper: 0.24mg (12.12%), Calcium: 57.67mg (5.77%), Fiber: 1.29g (5.17%), Folate: 12.77µg (3.19%), Vitamin C: 2.55mg (3.1%), Vitamin A: 150.98IU (3.02%), Vitamin E: 0.3mg (1.99%), Vitamin D: 0.23µg (1.51%)