



 **40%**  
HEALTH SCORE

## The Perfect Rib Eye Marinade

 **Gluten Free**  **Dairy Free**

READY IN



**85 min.**

SERVINGS



**2**

CALORIES



**638 kcal**

SEASONING

MARINADE

### Ingredients

- 1 tablespoon garlic minced
- 1 teaspoon pepper black
- 0.5 tablespoon onion minced
- 12 ounce red wine vinegar
- 20 ounce beef rib steak
- 1 tablespoon worcestershire sauce

### Equipment

- grill

## Directions

- In a shallow, nonreactive dish, mix red wine vinegar, Worcestershire sauce, garlic, onion, and pepper.
- Place steaks in the mixture. Cover, and marinate 1 hour in the refrigerator.
- Preheat an outdoor grill for high heat, and lightly oil grate.
- Grill steaks on the prepared grill 5 to 7 minutes per side, to desired doneness. Discard remaining marinade.

## Nutrition Facts

**PROTEIN 37.8%** **FAT 59.38%** **CARBS 2.82%**

## Properties

Glycemic Index:44.5, Glycemic Load:0.55, Inflammation Score:-3, Nutrition Score:27.683913263938%

## Flavonoids

Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 0.58mg, Quercetin: 0.58mg, Quercetin: 0.58mg, Quercetin: 0.58mg

## Nutrients (% of daily need)

Calories: 638kcal (31.9%), Fat: 40.14g (61.76%), Saturated Fat: 17.85g (111.56%), Carbohydrates: 4.29g (1.43%), Net Carbohydrates: 3.91g (1.42%), Sugar: 1g (1.1%), Cholesterol: 172.93mg (57.64%), Sodium: 272.51mg (11.85%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 57.49g (114.99%), Selenium: 69.84µg (99.78%), Zinc: 14.67mg (97.82%), Vitamin B12: 4.71µg (78.43%), Vitamin B3: 13.98mg (69.91%), Vitamin B6: 1.19mg (59.33%), Phosphorus: 435.37mg (43.54%), Vitamin B2: 0.7mg (40.91%), Iron: 6.26mg (34.79%), Potassium: 927.09mg (26.49%), Vitamin B1: 0.27mg (17.71%), Magnesium: 70.4mg (17.6%), Copper: 0.28mg (14.07%), Manganese: 0.28mg (13.79%), Vitamin K: 6.05µg (5.76%), Calcium: 51.39mg (5.14%), Vitamin C: 3.39mg (4.11%), Folate: 9.95µg (2.49%), Vitamin D: 0.28µg (1.89%), Fiber: 0.38g (1.52%), Vitamin A: 55.12IU (1.1%)