



Barbecued Cowboy Steaks

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

READY IN



45 min.

SERVINGS



8

CALORIES



6 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 5 inch beef rib steak bone-in (each weighing 12 to 16 ounces)
- 1 tablespoon kosher salt
- 1 teaspoon garlic powder
- 1 teaspoon ground coffee finely
- 1 teaspoon pepper black
- 1 teaspoon ground thyme dried
- 1 teaspoon paprika sweet

Equipment

bowl

grill

Directions

Mix first 6 ingredients in small bowl.

Sprinkle spice rub over both sides of steaks, pressing to adhere.

Let steaks stand at room temperature 1 hour.

Spread entire bag of instant-light mesquite chunks over 2/3 of bottom rack and prepare barbecue (medium-high heat). Grill steaks over mesquite until brown on both sides, about 2 minutes per side.

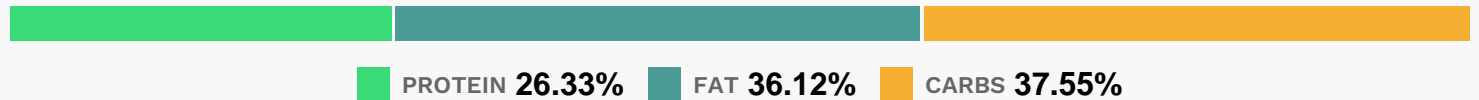
Remove steaks from grill.

Let mesquite chunks burn until ash is gray.

Drain wood chips; scatter over mesquite. Return steaks to cooler part of grill (not over mesquite). Cover barbecue with lid; grill steaks to desired doneness, about 10 minutes for medium-rare.

Let steaks rest 5 minutes before serving.

Nutrition Facts



Properties

Glycemic Index:6.5, Glycemic Load:0.05, Inflammation Score:-2, Nutrition Score:0.78869565001324%

Nutrients (% of daily need)

Calories: 6.22kcal (0.31%), Fat: 0.28g (0.43%), Saturated Fat: 0.11g (0.71%), Carbohydrates: 0.65g (0.22%), Net Carbohydrates: 0.42g (0.15%), Sugar: 0.04g (0.04%), Cholesterol: 0.97mg (0.32%), Sodium: 873.39mg (37.97%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.45g (0.91%), Vitamin K: 2.78µg (2.65%), Vitamin A: 129.49IU (2.59%), Manganese: 0.05mg (2.58%), Iron: 0.29mg (1.6%)