



Barbecued Cowboy Steaks



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



6 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 5 inch thick beef rib steaks bone-in (each weighing 12 to 16 ounces)
- ☐ 1 tablespoon coarse kosher salt
- ☐ 1 teaspoon garlic powder
- ☐ 1 teaspoon ground coffee beans finely
- ☐ 1 teaspoon coarsely ground pepper black
- ☐ 1 teaspoon ground thyme dried
- ☐ 1 teaspoon hungarian paprika sweet

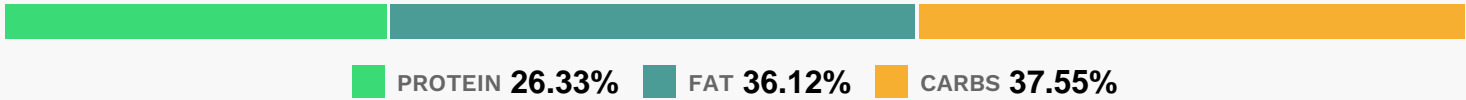
Equipment

- ☐ 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: Og (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%)