



 **22%**
HEALTH SCORE

BBQ Rib-Eye - You Won't Believe It!

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

READY IN



280 min.

SERVINGS



2

CALORIES



1592 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 8 slices bacon
- 2 cups barbecue sauce
- 24 fluid ounce coca-cola canned
- 2 teaspoons garlic powder to taste
- 1 teaspoon pepper black
- 20 ounce beef rib steak
- 1 teaspoon salt

Equipment

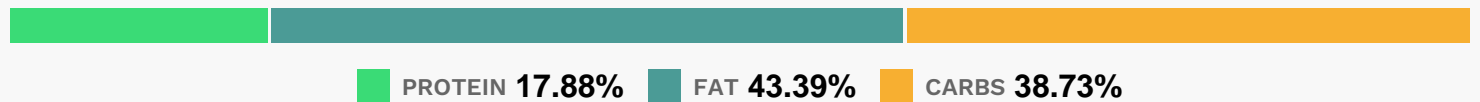
knife

grill

Directions

- Score steaks on both sides in a diamond pattern using a sharp knife. Punch the fatty areas with the tip of the knife.
- Sprinkle a thin coating of garlic powder over both sides of the steaks, then sprinkle with salt and pepper. Rub to get the seasoning into all of the scores.
- Place steaks in a shallow dish, and pour the cola over them. Cover, and marinate in the refrigerator for 4 hours, turning steaks over every hour or so. During the last hour, coat the steaks with a thin layer of barbeque sauce.
- Preheat an outdoor grill for high heat.
- Lightly oil the grilling surface.
- Place steaks on the grill over high heat, and cook until almost burnt on each side, about 4 minutes per side. Reduce the grill's heat to medium-low, or move steaks to a cooler part, and place the bacon strips on top of them. Cover, and slow cook for 10 minutes per side.
- Spread a thin layer of barbeque sauce over the steaks during the last few minutes of cooking, and allow it to cook until dry for a glazed effect.

Nutrition Facts



Properties

Glycemic Index:50, Glycemic Load:21.59, Inflammation Score:-6, Nutrition Score:38.173912970916%

Nutrients (% of daily need)

Calories: 1592.28kcal (79.61%), Fat: 76.94g (118.37%), Saturated Fat: 29.68g (185.52%), Carbohydrates: 154.56g (51.52%), Net Carbohydrates: 151.46g (55.08%), Sugar: 126.86g (140.96%), Cholesterol: 231.01mg (77%), Sodium: 4854.71mg (211.07%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 28.39mg (9.46%), Protein: 71.34g (142.68%), Selenium: 91.7µg (131%), Zinc: 16.24mg (108.29%), Vitamin B3: 19.16mg (95.81%), Vitamin B12: 5.15µg (85.77%), Vitamin B6: 1.63mg (81.61%), Phosphorus: 641.64mg (64.16%), Vitamin B2: 0.92mg (53.82%), Potassium: 1653.94mg (47.26%), Iron: 7.73mg (42.97%), Vitamin B1: 0.57mg (38.15%), Magnesium: 111.32mg (27.83%), Manganese: 0.54mg (26.85%), Copper: 0.5mg (24.89%), Vitamin E: 2.7mg (17.98%), Vitamin A: 721.19IU (14.42%), Calcium: 133.24mg (13.32%), Fiber: 3.1g (12.39%), Vitamin K: 11.05µg (10.52%), Vitamin B5: 0.99mg (9.94%), Vitamin

D: 0.64µg (4.24%), Folate: 15.8µg (3.95%), Vitamin C: 1.75mg (2.12%)