



Bold & Spicy Steak with Chipotle Butter

 Gluten Free  Low Fod Map

READY IN



55 min.

SERVINGS



55

CALORIES



49 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.3 cup butter softened
- 3 Tbsp chipotle peppers in adobo sauce divided chopped
- 0.8 cup a.1. original sauce
- 2 Tbsp juice of lime
- 32 oz beef ribeye steaks boneless

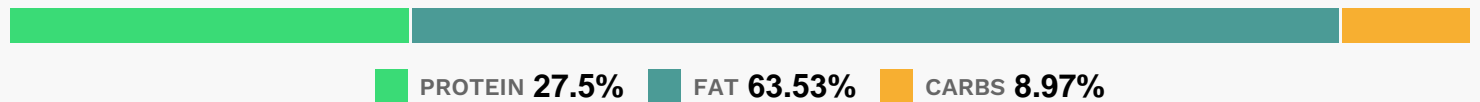
Equipment

- grill
- ziploc bags

Directions

- Mix steak sauce, lime juice and 1 Tbsp. of the chipotle peppers until well blended.
- Remove 1/2 cup of the steak sauce mixture for brushing onto steaks as they cook.
- Pour remaining steak sauce mixture over steaks in large resealable plastic bag; seal bag. Turn bag over several times to evenly coat steaks. Refrigerate 30 min. to marinate.
- Meanwhile, mix butter and remaining 2 Tbsp. chipotle peppers until well blended; cover. Refrigerate until ready to use.
- Preheat grill to medium heat.
- Remove steaks from marinade; discard bag and marinade. Grill steaks 8 to 10 min. for medium-rare to medium doneness, turning occasionally and brushing with the reserved steak sauce mixture.
- Remove steaks from grill; cut in half. Top with the butter mixture before serving.

Nutrition Facts



Properties

Glycemic Index:0.91, Glycemic Load:0, Inflammation Score:-1, Nutrition Score:1.5604347789093%

Flavonoids

Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Hesperetin: 0.05mg, Hesperetin: 0.05mg, Hesperetin: 0.05mg, Hesperetin: 0.05mg

Nutrients (% of daily need)

Calories: 48.79kcal (2.44%), Fat: 3.45g (5.31%), Saturated Fat: 1.74g (10.9%), Carbohydrates: 1.1g (0.37%), Net Carbohydrates: 1.01g (0.37%), Sugar: 0.81g (0.9%), Cholesterol: 13.02mg (4.34%), Sodium: 56.16mg (2.44%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.36g (6.72%), Selenium: 4.04µg (5.77%), Zinc: 0.85mg (5.65%), Vitamin B12: 0.28µg (4.6%), Vitamin B3: 0.81mg (4.04%), Vitamin B6: 0.07mg (3.3%), Phosphorus: 24.16mg (2.42%), Vitamin B2: 0.04mg (2.35%), Iron: 0.3mg (1.69%), Potassium: 45.17mg (1.29%)