



Chile-Rubbed Steak with Corn and Red Pepper Relish

 Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



230 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 24 ounce beef tenderloin steaks ()
- 0.1 teaspoon pepper black
- 0.5 teaspoon brown sugar
- 1 teaspoon brown sugar
- 3 ears corn
- 0.3 cup cilantro leaves fresh finely chopped
- 0.3 teaspoon garlic powder

- 0.5 teaspoon ground cumin
- 0.3 teaspoon ground pepper red
- 1 tablespoon juice of lime fresh
- 1 teaspoon olive oil
- 0.5 teaspoon onion powder
- 0.5 teaspoon oregano dried
- 0.5 teaspoon paprika smoked spanish
- 1 bell pepper red
- 0.5 cup onion red finely chopped
- 0.3 teaspoon salt
- 0.5 teaspoon salt

Equipment

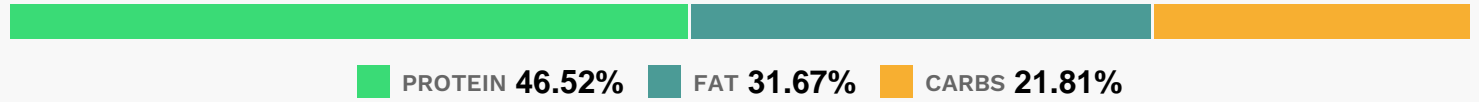
- bowl
- grill
- ziploc bags

Directions

- Prepare grill.
- To prepare relish, brush oil over corn and bell pepper.
- Place corn and bell pepper on grill rack coated with cooking spray; grill 20 minutes or until lightly browned, turning every 5 minutes.
- Place bell pepper in a zip-top plastic bag; seal.
- Let stand 10 minutes.
- Remove pepper from bag; peel and chop.
- Place pepper in a large bowl.
- Cut kernels from ears of corn to measure 2 1/2 cups; add to bell pepper. Stir in onion and next 4 ingredients (through 1/4 teaspoon salt).

- To prepare steak, combine 1/2 teaspoon salt, onion powder, and next 7 ingredients (through black pepper); rub salt mixture evenly over steaks.
- Place steaks on a grill rack coated with cooking spray; grill 5 minutes on each side or to desired degree of doneness.
- Serve with relish.

Nutrition Facts



Properties

Glycemic Index:30.83, Glycemic Load:0.55, Inflammation Score:-8, Nutrition Score:17.073478398116%

Flavonoids

Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg Hesperetin: 0.22mg, Hesperetin: 0.22mg, Hesperetin: 0.22mg, Hesperetin: 0.22mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Quercetin: 3.12mg, Quercetin: 3.12mg, Quercetin: 3.12mg, Quercetin: 3.12mg

Nutrients (% of daily need)

Calories: 230.38kcal (11.52%), Fat: 8.16g (12.56%), Saturated Fat: 2.75g (17.21%), Carbohydrates: 12.65g (4.22%), Net Carbohydrates: 10.86g (3.95%), Sugar: 5.28g (5.87%), Cholesterol: 72.57mg (24.19%), Sodium: 362.45mg (15.76%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 26.98g (53.95%), Selenium: 35.05µg (50.08%), Vitamin B6: 0.83mg (41.74%), Vitamin B3: 8.33mg (41.63%), Vitamin C: 30.49mg (36.95%), Zinc: 4.82mg (32.14%), Phosphorus: 289.75mg (28.98%), Vitamin B12: 1.05µg (17.58%), Vitamin A: 873.58IU (17.47%), Potassium: 606.28mg (17.32%), Iron: 2.42mg (13.45%), Magnesium: 48.75mg (12.19%), Folate: 46.73µg (11.68%), Vitamin B1: 0.18mg (11.67%), Vitamin B5: 1.15mg (11.53%), Vitamin B2: 0.19mg (10.89%), Manganese: 0.16mg (7.84%), Fiber: 1.79g (7.15%), Copper: 0.13mg (6.41%), Vitamin E: 0.93mg (6.19%), Vitamin K: 6.33µg (6.02%), Calcium: 37.76mg (3.78%)