



Chili-Espresso Rubbed Steaks with Warm Tomato Sauce



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



324 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 teaspoon pepper black freshly ground
- ☐ 1 teaspoon chili powder
- ☐ 2 teaspoons espresso powder
- ☐ 24 ounce flat-iron steaks
- ☐ 2 tablespoons parsley fresh chopped
- ☐ 1 teaspoon garlic salt
- ☐ 1 cup grape tomatoes

- ☐ 1 teaspoon ground cumin
- ☐ 1 teaspoon olive oil extra-virgin
- ☐ 1 teaspoon oregano dried
- ☐ 1 teaspoon sherry vinegar

Equipment

- ☐ bowl
- ☐ blender
- ☐ grill
- ☐ microwave

Directions

- ☐ Combine first 6 ingredients; stir well. Rub spice mixture evenly over both sides of steaks; cover and let stand at room temperature 30 minutes.
- ☐ Preheat grill to medium-high heat.
- ☐ Place steaks on a grill rack coated with cooking spray; grill 3 minutes on each side or until desired degree of doneness.
- ☐ Remove from grill; let stand 10 minutes.
- ☐ Place tomatoes and remaining ingredients in a mini chopper or blender; process until coarsely chopped. Spoon tomato mixture into a microwave-safe bowl; microwave on HIGH 1 minute.
- ☐ Cut steaks diagonally across grain into thin slices.
- ☐ Place 3 ounces steak on each of 4 plates (roughly 2/3 of cooked meat). (Reserve remaining steak for Sunday brunch.) Top each serving with 2 tablespoons sauce.
- ☐ Wine note: Coffee flavor in food can be a fabulous pairing point for some red wines. Cabernet sauvignon and syrah often have dark espresso flavors lurking around the edges. For Saturday's supper, though, you need a red with a little more bright acidity and juicy fruit than those two varieties bring on their own. Go for a blend of syrah and its common partner grenache: Bonny Doon Vineyard's Chteau-neuf-du-Pape-styled 2006 Le Cigare Volant (California, \$32), with spicy, toasty, earthy notes on one side and bright red fruit on the other.
--Sara Schneider

Nutrition Facts



 **PROTEIN 41.61%**  **FAT 54.49%**  **CARBS 3.9%**

Properties

Glycemic Index:28, Glycemic Load:0.48, Inflammation Score:-7, Nutrition Score:24.545652368794%

Flavonoids

Naringenin: 0.25mg, Naringenin: 0.25mg, Naringenin: 0.25mg, Naringenin: 0.25mg Apigenin: 4.31mg, Apigenin: 4.31mg, Apigenin: 4.31mg, Apigenin: 4.31mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.35mg, Myricetin: 0.35mg, Myricetin: 0.35mg, Myricetin: 0.35mg Quercetin: 0.22mg, Quercetin: 0.22mg, Quercetin: 0.22mg, Quercetin: 0.22mg

Nutrients (% of daily need)

Calories: 323.5kcal (16.18%), Fat: 19.21g (29.55%), Saturated Fat: 6.9g (43.11%), Carbohydrates: 3.09g (1.03%), Net Carbohydrates: 2.01g (0.73%), Sugar: 1.07g (1.19%), Cholesterol: 112.26mg (37.42%), Sodium: 719.79mg (31.3%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 15.7mg (5.23%), Protein: 33g (66.01%), Vitamin B12: 8.59µg (143.17%), Zinc: 11.86mg (79.04%), Selenium: 50.93µg (72.76%), Vitamin K: 41.86µg (39.86%), Vitamin B6: 0.68mg (34.02%), Phosphorus: 330.22mg (33.02%), Vitamin B3: 6.32mg (31.58%), Iron: 4.93mg (27.38%), Vitamin B2: 0.41mg (23.85%), Potassium: 674.92mg (19.28%), Vitamin B5: 1.68mg (16.77%), Vitamin A: 644.61IU (12.89%), Vitamin B1: 0.19mg (12.65%), Copper: 0.25mg (12.39%), Magnesium: 47.3mg (11.82%), Manganese: 0.2mg (9.87%), Vitamin C: 7.82mg (9.48%), Vitamin E: 0.95mg (6.35%), Fiber: 1.08g (4.31%), Folate: 15.19µg (3.8%), Calcium: 34.35mg (3.43%)