



HEALTH SCORE

60%

Chili-Rubbed Rib-Eye Steaks



Gluten Free



Dairy Free



Very Healthy

READY IN



45 min.

SERVINGS



4

CALORIES



935 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 tablespoons coarse salt
- ☐ 4 servings onion red
- ☐ 0.3 cup paprika
- ☐ 4 servings pico de gallo
- ☐ 0.3 cup chili powder red
- ☐ 56 ounce beef rib steak bone-in thick ()
- ☐ 1.5 tablespoons sugar

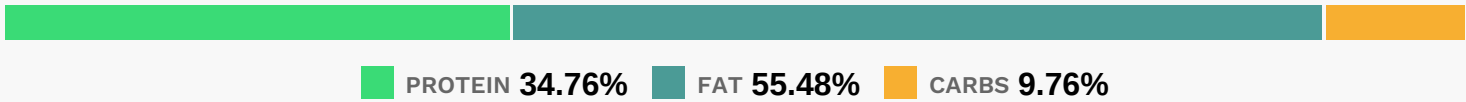
Equipment

- ☐ grill
- ☐ pie form

Directions

- ☐ Mix first 4 ingredients in pie dish. Coat steaks with spice mixture and transfer to another dish. Cover; chill at least 8 hours.
- ☐ Spray grill racks with nonstick spray; prepare barbecue (medium heat). Grill steaks to desired doneness, moving and turning occasionally to prevent chili rub from burning, about 20 minutes for medium-rare.
- ☐ Serve steaks with pico de gallo.

Nutrition Facts



Properties

Glycemic Index:28.02, Glycemic Load:4.47, Inflammation Score:-10, Nutrition Score:47.427826269813%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg Kaempferol: 0.36mg, Kaempferol: 0.36mg, Kaempferol: 0.36mg, Kaempferol: 0.36mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 11.16mg, Quercetin: 11.16mg, Quercetin: 11.16mg, Quercetin: 11.16mg

Nutrients (% of daily need)

Calories: 934.9kcal (46.74%), Fat: 59.17g (91.03%), Saturated Fat: 25.5g (159.35%), Carbohydrates: 23.43g (7.81%), Net Carbohydrates: 14.99g (5.45%), Sugar: 10.46g (11.62%), Cholesterol: 242.1mg (80.7%), Sodium: 4084.64mg (177.59%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 83.4g (166.81%), Vitamin A: 7863.45IU (157.27%), Selenium: 100.59µg (143.71%), Zinc: 21.39mg (142.61%), Vitamin B12: 6.59µg (109.81%), Vitamin B3: 21.89mg (109.45%), Vitamin B6: 2.1mg (105.19%), Vitamin B2: 1.19mg (69.78%), Phosphorus: 653.03mg (65.3%), Iron: 10.96mg (60.88%), Vitamin E: 7.61mg (50.77%), Potassium: 1587.03mg (45.34%), Fiber: 8.44g (33.75%), Magnesium: 122.98mg (30.75%), Vitamin B1: 0.43mg (28.92%), Copper: 0.53mg (26.5%), Vitamin K: 27.22µg (25.93%), Manganese: 0.44mg (21.94%), Calcium: 106.89mg (10.69%), Folate: 29.8µg (7.45%), Vitamin C: 5.37mg (6.51%), Vitamin B5: 0.37mg (3.68%), Vitamin D: 0.4µg (2.65%)