



## Chili Rubbed Rib Eye with Cilantro Butter

 Gluten Free

READY IN



180 min.

SERVINGS



4

CALORIES



376 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

## Ingredients

- ☐ 1 pinch pepper black freshly ground
- ☐ 2 teaspoon canola oil
- ☐ 4 tablespoon chili powder
- ☐ 0.5 cup cilantro leaves roughly chopped
- ☐ 1 clove garlic minced peeled
- ☐ 1 teaspoon garlic powder
- ☐ 2 tablespoon kosher salt
- ☐ 0.3 cup olive oil

- ☐ 1 teaspoon onion powder
- ☐ 1 teaspoon paprika smoked
- ☐ 4 rib steaks thick
- ☐ 1 teaspoon sugar
- ☐ 0.5 cup butter unsalted at room temperature

## Equipment

- ☐ bowl
- ☐ frying pan
- ☐ grill
- ☐ wax paper

## Directions

- ☐ Make the cilantro butter at least 2 hours ahead.
- ☐ Put the canola oil in a small skillet set over medium heat.
- ☐ Add the cilantro, shallot, and minced garlic. Cook stirring often for 3 minutes or so, until the shallot is softened and garlic is fragrant.
- ☐ Transfer to a small bowl to cool. In a medium bowl, cream the butter with a fork.
- ☐ Add the cilantro mixture and blend.
- ☐ Transfer the mixture to a sheet of wax paper and form into log about 8-inches long..
- ☐ Roll in up in the wax papper and refrigerate until firm. Prep the steaks on hour before grilling. In a small bowl mix together chili powder, salt, garlic and onion powders and smoked paprika.
- ☐ Add the olive oil and mix well. Rub this mixture all over both sides of the steaks. Refrigerate. Grill the steaks. Prepare the grill for cooking over direct medium-high heat.
- ☐ Place the steaks on lightly oiled grates in the center of the grill. Cook 4 to 5 minutes per side for medium-rare, or to your desired degree of doneness.
- ☐ Let the steaks rest about 5 minutes and serve with cilantro butter.

## Nutrition Facts



 PROTEIN 1.89%  FAT 91.45%  CARBS 6.66%

Properties

Glycemic Index:46.02, Glycemic Load:0.81, Inflammation Score:-9, Nutrition Score:10.006956473641%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 1.07mg, Quercetin: 1.07mg, Quercetin: 1.07mg, Quercetin: 1.07mg

Nutrients (% of daily need)

Calories: 376.2kcal (18.81%), Fat: 39.89g (61.37%), Saturated Fat: 16.86g (105.38%), Carbohydrates: 6.54g (2.18%), Net Carbohydrates: 3.36g (1.22%), Sugar: 1.72g (1.91%), Cholesterol: 61.62mg (20.54%), Sodium: 3625.55mg (157.63%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.86g (3.72%), Vitamin A: 3462.68IU (69.25%), Vitamin E: 6.21mg (41.37%), Vitamin K: 26.69µg (25.42%), Fiber: 3.18g (12.72%), Vitamin B6: 0.21mg (10.57%), Iron: 1.73mg (9.62%), Manganese: 0.19mg (9.61%), Potassium: 205.4mg (5.87%), Vitamin B2: 0.1mg (5.83%), Vitamin B3: 1.07mg (5.37%), Copper: 0.11mg (5.28%), Calcium: 42.05mg (4.21%), Phosphorus: 40.68mg (4.07%), Magnesium: 15.57mg (3.89%), Selenium: 2.58µg (3.69%), Zinc: 0.51mg (3.42%), Vitamin D: 0.43µg (2.84%), Vitamin B1: 0.03mg (2.16%), Vitamin B5: 0.14mg (1.4%), Folate: 5.31µg (1.33%), Vitamin C: 0.96mg (1.16%), Vitamin B12: 0.06µg (1.08%)