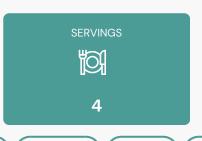


Chili Rubbed Rib Eye with Cilantro Butter

Gluten Free







ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

0.3 cup olive oil

I 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

	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
Di	rections
	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 steals 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

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, Myr

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: Og (100%), Alcohol %: O% (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%)