



 **50%**  
HEALTH SCORE

## Chipotle-Rubbed Steaks with Gorgonzola Toasts

READY IN



45 min.

SERVINGS



4

CALORIES



1440 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 1.5 teaspoons chipotle sauce crushed
- 1 loaf ciabatta bread halved
- 0.8 teaspoon cumin seeds
- 1 teaspoon thyme sprigs fresh chopped
- 1 cup gorgonzola
- 1.5 tablespoons paprika sweet
- 4 servings olive oil
- 4 pound beef rib steak 1-inch-thick

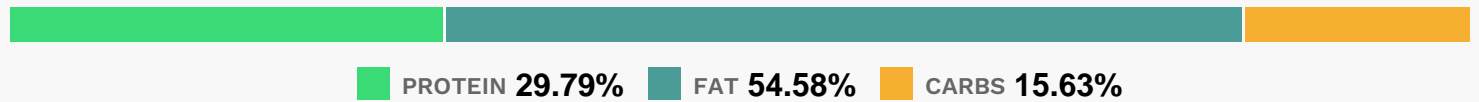
# Equipment

grill

# Directions

- Prepare barbecue (medium-high heat). Finely grind bay leaves, paprika, chipotle, and cumin seeds in spice grinder. Reserve 1 teaspoon mixture.
- Transfer remaining mixture to plate.
- Sprinkle steaks generously with salt and pepper. Press both sides of steaks into spice mixture on plate and rub to spread evenly. Grill steaks to desired doneness, about 5 minutes per side for medium-rare.
- Brush cut sides of bread with olive oil. Grill, cut side down, until slightly charred, about 1 minute.
- Spread Gorgonzola onto grilled side of each bread slice.
- Sprinkle cheese with ground black pepper and reserved spice mixture. Return bread to grill, cheese side up. Grill until cheese begins to melt and bottom of bread is slightly charred, about 1 minute.
- Sprinkle bread with thyme; place 2 slices on each of 4 plates.
- Serve steaks with bread.
- \*Crushed chipotle chile pepper can be found in the spice section of most supermarkets.

# Nutrition Facts



# Properties

Glycemic Index:23, Glycemic Load:0.28, Inflammation Score:-9, Nutrition Score:40.298695688662%

# Flavonoids

Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.24mg, Luteolin: 0.24mg, Luteolin: 0.24mg, Luteolin: 0.24mg

# Nutrients (% of daily need)

Calories: 1439.97kcal (72%), Fat: 87.54g (134.68%), Saturated Fat: 36.29g (226.79%), Carbohydrates: 56.42g (18.81%), Net Carbohydrates: 53.63g (19.5%), Sugar: 1.19g (1.32%), Cholesterol: 297.88mg (99.29%), Sodium: 1116.32mg (48.54%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 107.52g (215.04%), Selenium: 114.96µg (164.23%), Zinc: 24.16mg (161.08%), Vitamin B12: 7.87µg (131.24%), Vitamin B3: 22.79mg (113.93%), Vitamin B6: 1.92mg (95.82%), Phosphorus: 773.14mg (77.31%), Vitamin B2: 1.23mg (72.23%), Iron: 8.86mg (49.22%), Potassium: 1357.69mg (38.79%), Vitamin A: 1605.02IU (32.1%), Vitamin B1: 0.42mg (27.91%), Magnesium: 108.6mg (27.15%), Copper: 0.39mg (19.49%), Calcium: 192.58mg (19.26%), Vitamin E: 2.86mg (19.09%), Vitamin K: 18.04µg (17.18%), Fiber: 2.79g (11.16%), Folate: 25.33µg (6.33%), Vitamin B5: 0.56mg (5.56%), Vitamin D: 0.59µg (3.97%), Manganese: 0.07mg (3.27%), Vitamin C: 0.85mg (1.03%)