



## Coffee Rubbed Rib-Eye



Gluten Free



Dairy Free



Low Fod Map

READY IN



31 min.

SERVINGS



4

CALORIES



456 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- 0.3 cup ancho chili powder
- 2 teaspoons chili de arbol powder
- 2 tablespoons brown sugar dark
- 1 tablespoon mustard dry
- 1 tablespoon ground coriander
- 2 teaspoons ground ginger
- 1 tablespoon ground pepper black
- 4 servings salt and coarsely ground pepper black

- 1 tablespoon kosher salt
- 4 servings olive oil
- 1 tablespoon oregano dried
- 2 tablespoons paprika spanish
- 2 rib-eye steaks boneless bone-in thick
- 0.3 cup ground espresso finely

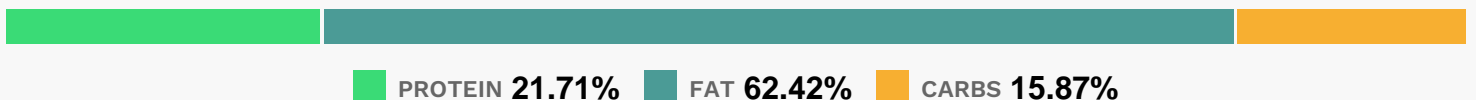
## Equipment

- bowl
- frying pan
- baking sheet
- oven

## Directions

- Combine all spices in a bowl.
- Preheat oven to 425 degrees F.
- Preheat a cast iron pan over high heat.
- Brush each side of the steak with oil and then season each side liberally with salt and pepper. Rub 2 tablespoons of the coffee rub onto 1 side of each steak. Cook the steak, rub side down until golden brown, about 3 to 4 minutes. Flip the steak over, cook for 2 minutes and then transfer to a baking sheet and cook in the oven to medium-rare doneness, about 8 to 10 minutes.
- Remove and let rest 5 minutes before slicing.

## Nutrition Facts



## Properties

Glycemic Index:25.25, Glycemic Load:0.27, Inflammation Score:-10, Nutrition Score:28.357825890831%

## Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

## Nutrients (% of daily need)

Calories: 455.79kcal (22.79%), Fat: 33.25g (51.16%), Saturated Fat: 9.54g (59.63%), Carbohydrates: 19.02g (6.34%), Net Carbohydrates: 11.25g (4.09%), Sugar: 8.3g (9.23%), Cholesterol: 68.93mg (22.98%), Sodium: 2051.33mg (89.19%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 8.04mg (2.68%), Protein: 26.02g (52.04%), Vitamin A: 5230.46IU (104.61%), Vitamin E: 8.14mg (54.27%), Selenium: 35.42µg (50.6%), Manganese: 0.95mg (47.56%), Zinc: 6.73mg (44.87%), Vitamin B6: 0.83mg (41.37%), Vitamin B3: 7.8mg (38.98%), Vitamin K: 39.14µg (37.28%), Iron: 5.98mg (33.25%), Vitamin B12: 1.88µg (31.26%), Fiber: 7.76g (31.06%), Vitamin B2: 0.46mg (27.18%), Phosphorus: 238.11mg (23.81%), Potassium: 734.53mg (20.99%), Magnesium: 67.93mg (16.98%), Copper: 0.3mg (15.2%), Vitamin B1: 0.16mg (10.83%), Calcium: 106.05mg (10.6%), Vitamin C: 7.25mg (8.79%), Folate: 17.19µg (4.3%), Vitamin B5: 0.23mg (2.3%)