



Coffee-Rubbed Steak With Peppers and Onions

 Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



290 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 teaspoon ancho chile powder
- ☐ 1 bell pepper green cut into strips
- ☐ 0.1 teaspoon ground cinnamon
- ☐ 1 tablespoon hot-brewed coffee instant
- ☐ 0.5 juice of lime for serving
- ☐ 4 servings kosher salt
- ☐ 2 tablespoons brown sugar dark light packed

- ☐ 1 teaspoon ground mustard
- ☐ 1 large onion cut into wedges
- ☐ 4 servings pepper freshly ground
- ☐ 1.3 pound skirt steak cut into 4 pieces
- ☐ 1 teaspoon cocoa powder unsweetened
- ☐ 2 teaspoons vegetable oil

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ cutting board

Directions

- ☐ Combine 2 tablespoons brown sugar, the instant coffee, cocoa powder, mustard powder, chile powder, cinnamon and 1 teaspoon salt in a bowl; rub the mixture between your fingers until fine. Season the steak with salt, then generously rub with the coffee-spice mixture.
- ☐ Heat the vegetable oil in a large cast-iron skillet over medium heat. Working in batches if necessary, sear the steak, 3 to 6 minutes per side for medium rare.
- ☐ Transfer to a cutting board and let rest; reserve the juices in the skillet.
- ☐ Add the remaining 1 teaspoon brown sugar and the onion to the skillet.
- ☐ Sprinkle with 1/4 teaspoon salt, and pepper to taste; cook over medium-high heat, stirring frequently, until the onion is soft and golden, about 5 minutes.
- ☐ Add the bell pepper and 1/4 cup water; cook, stirring, until crisp-tender, about 5 minutes. Stir in the lime juice. Season with salt and pepper.
- ☐ Slice the steak against the grain. Divide the steak, bell pepper, onion and the juices from the skillet among plates.
- ☐ Serve with lime wedges and cornbread.
- ☐ Photograph by Kang Kim

Nutrition Facts



 **PROTEIN 43.03%**  **FAT 40.04%**  **CARBS 16.93%**

Properties

Glycemic Index:26.5, Glycemic Load:0.93, Inflammation Score:-5, Nutrition Score:19.158695632997%

Flavonoids

Catechin: 0.16mg, Catechin: 0.16mg, Catechin: 0.16mg, Catechin: 0.16mg Epicatechin: 0.49mg, Epicatechin: 0.49mg, Epicatechin: 0.49mg, Epicatechin: 0.49mg Hesperetin: 0.97mg, Hesperetin: 0.97mg, Hesperetin: 0.97mg, Hesperetin: 0.97mg Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg Luteolin: 1.41mg, Luteolin: 1.41mg, Luteolin: 1.41mg, Luteolin: 1.41mg Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 8.3mg, Quercetin: 8.3mg, Quercetin: 8.3mg, Quercetin: 8.3mg

Nutrients (% of daily need)

Calories: 289.82kcal (14.49%), Fat: 13.11g (20.17%), Saturated Fat: 4.34g (27.1%), Carbohydrates: 12.47g (4.16%), Net Carbohydrates: 10.97g (3.99%), Sugar: 8.22g (9.13%), Cholesterol: 89.3mg (29.77%), Sodium: 296.17mg (12.88%), Alcohol: Og (100%), Alcohol %: 0% (100%), Caffeine: 39.83mg (13.27%), Protein: 31.7g (63.4%), Zinc: 9.3mg (62%), Vitamin B12: 3.02µg (50.32%), Selenium: 32.75µg (46.78%), Vitamin B3: 8.65mg (43.27%), Vitamin B6: 0.74mg (37%), Vitamin C: 27.39mg (33.2%), Vitamin B2: 0.48mg (28.11%), Phosphorus: 246.47mg (24.65%), Potassium: 589.24mg (16.84%), Iron: 2.93mg (16.26%), Manganese: 0.28mg (13.9%), Magnesium: 46.36mg (11.59%), Vitamin B5: 0.92mg (9.2%), Copper: 0.17mg (8.74%), Vitamin K: 9.13µg (8.7%), Vitamin B1: 0.13mg (8.33%), Fiber: 1.51g (6.02%), Vitamin A: 198.3IU (3.97%), Folate: 15.57µg (3.89%), Vitamin E: 0.57mg (3.81%), Calcium: 31.25mg (3.13%)