



Cuban Marinated Steak

 **Gluten Free**  **Dairy Free**

READY IN



65 min.

SERVINGS



4

CALORIES



431 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.5 teaspoon cumin seeds
- 2.3 teaspoons juice of lime
- 0.3 cup orange juice
- 1.5 teaspoons oregano dried
- 1.5 pounds beef rib-eye steaks
- 2 tablespoons steak seasoning montreal-style
- 2 tablespoons vegetable oil

Equipment

- bowl
- frying pan
- grill
- kitchen thermometer
- ziploc bags

Directions

- Place cumin seeds into a small skillet over medium heat; stir constantly until seeds turn dark brown and smell toasted, about 1 minute. Immediately pour seeds into a bowl to stop the cooking.
- Mix cumin seeds with orange juice, vegetable oil, steak seasoning, lime juice, and oregano in a bowl.
- Place steaks into a large resealable plastic bag, pour orange juice marinade over the meat, and squeeze out air. Seal bag and turn it over several times to coat meat with marinade. Refrigerate at least 30 minutes, or longer for extra flavor.
- Preheat an outdoor grill for medium–high heat and lightly oil the grate.
- Remove steaks from marinade, shaking off any excess. Discard used marinade. Grill steaks on the preheated grill until seared on the outsides and still slightly pink in the centers, 6 to 8 minutes per side. An instant–read meat thermometer inserted sideways into the center of the thickest steak should read 145 degrees F (65 degrees C).
- Let steaks rest for 3 minutes before slicing.

Nutrition Facts

■ PROTEIN **31.94%** ■ FAT **64.56%** ■ CARBS **3.5%**

Properties

Glycemic Index:15.5, Glycemic Load:0.84, Inflammation Score:-7, Nutrition Score:18.994347832773%

Flavonoids

Eriodictyol: 0.09mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg Hesperetin: 2.1mg, Hesperetin: 2.1mg, Hesperetin: 2.1mg, Hesperetin: 2.1mg Naringenin: 0.34mg, Naringenin: 0.34mg, Naringenin: 0.34mg, Naringenin: 0.34mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

Nutrients (% of daily need)

Calories: 430.66kcal (21.53%), Fat: 31.12g (47.88%), Saturated Fat: 11.82g (73.88%), Carbohydrates: 3.79g (1.26%), Net Carbohydrates: 3.17g (1.15%), Sugar: 1.45g (1.61%), Cholesterol: 103.76mg (34.59%), Sodium: 89.81mg (3.9%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 34.65g (69.3%), Selenium: 41.71µg (59.59%), Zinc: 8.83mg (58.87%), Vitamin B12: 2.82µg (47.06%), Vitamin B3: 8.5mg (42.5%), Vitamin B6: 0.72mg (36.06%), Vitamin K: 35.87µg (34.17%), Phosphorus: 253.75mg (25.37%), Vitamin B2: 0.42mg (24.72%), Iron: 4.11mg (22.82%), Potassium: 517.75mg (14.79%), Vitamin B1: 0.17mg (11.5%), Magnesium: 45.07mg (11.27%), Vitamin C: 8.87mg (10.75%), Manganese: 0.19mg (9.28%), Copper: 0.16mg (8.2%), Vitamin E: 0.74mg (4.94%), Calcium: 48.23mg (4.82%), Folate: 14.6µg (3.65%), Vitamin A: 126.49IU (2.53%), Fiber: 0.61g (2.45%), Vitamin D: 0.17µg (1.13%)