



 **54%**  
HEALTH SCORE

## Cumin-Rubbed Rib-Eye Steaks with Two Salsas

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

READY IN



**45 min.**

SERVINGS



**4**

CALORIES



**662 kcal**

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 1 avocado cold pitted rinsed peeled drained chopped
- 12 ounces cucumber peeled halved seeded chopped
- 3 tablespoons cilantro leaves fresh chopped
- 1 garlic clove minced
- 1 teaspoon ground coriander
- 4 teaspoons ground cumin
- 1.5 teaspoons juice of lime fresh

- 8 teaspoons olive oil
- 4 beef rib steak
- 1 serrano chiles minced
- 1 large shallots finely chopped
- 12 ounces tomatoes chopped

## Equipment

- bowl
- frying pan

## Directions

- Mix first 8 ingredients in medium bowl to blend.
- Transfer half of avocado mixture to another medium bowl.
- Add tomatoes to first medium bowl and cucumber to second bowl. Season salsas to taste with salt and pepper. (Can be prepared 4 hours ahead. Cover salsas separately and refrigerate.)
- Rub each steak all over with 2 teaspoons olive oil.
- Sprinkle each side of each steak with 1/2 teaspoon ground cumin; rub in to adhere.
- Sprinkle steaks with salt and pepper.
- Heat 1 tablespoon oil in each of 2 heavy large skillets over high heat.
- Add 2 steaks to each skillet; cook until deep brown, about 2 minutes per side. Reduce heat to medium; cook steaks to desired doneness, about 2 minutes longer per side for medium-rare.
- Transfer to plates.
- Serve with tomato-avocado salsa and cucumber-avocado salsa.

## Nutrition Facts

 **PROTEIN 28.63%**  **FAT 64.17%**  **CARBS 7.2%**

## Properties

Glycemic Index:47.5, Glycemic Load:1.78, Inflammation Score:-8, Nutrition Score:31.866086742152%

## Flavonoids

Cyanidin: 0.17mg, Cyanidin: 0.17mg, Cyanidin: 0.17mg, Cyanidin: 0.17mg Epicatechin: 0.19mg, Epicatechin: 0.19mg, Epicatechin: 0.19mg, Epicatechin: 0.19mg Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg Hesperetin: 0.17mg, Hesperetin: 0.17mg, Hesperetin: 0.17mg, Hesperetin: 0.17mg Naringenin: 0.59mg, Naringenin: 0.59mg, Naringenin: 0.59mg, Naringenin: 0.59mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg Quercetin: 0.91mg, Quercetin: 0.91mg, Quercetin: 0.91mg, Quercetin: 0.91mg

## Nutrients (% of daily need)

Calories: 662.34kcal (33.12%), Fat: 48.2g (74.16%), Saturated Fat: 16.46g (102.89%), Carbohydrates: 12.16g (4.05%), Net Carbohydrates: 6.47g (2.35%), Sugar: 4.38g (4.86%), Cholesterol: 137.86mg (45.95%), Sodium: 131.89mg (5.73%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 48.39g (96.78%), Zinc: 12.36mg (82.43%), Selenium: 55.86µg (79.8%), Vitamin B3: 12.63mg (63.13%), Vitamin B12: 3.75µg (62.53%), Vitamin B6: 1.19mg (59.53%), Phosphorus: 407.77mg (40.78%), Vitamin B2: 0.65mg (38.53%), Potassium: 1241.01mg (35.46%), Iron: 6.14mg (34.12%), Vitamin K: 32.89µg (31.32%), Vitamin C: 21.71mg (26.31%), Magnesium: 92.62mg (23.16%), Fiber: 5.69g (22.76%), Copper: 0.42mg (20.77%), Vitamin B1: 0.31mg (20.72%), Folate: 75.21µg (18.8%), Vitamin A: 937.91IU (18.76%), Vitamin E: 2.77mg (18.46%), Manganese: 0.34mg (17.09%), Vitamin B5: 1.01mg (10.07%), Calcium: 68.81mg (6.88%), Vitamin D: 0.23µg (1.51%)