

Dad's Steak Rub

 Gluten Free  Dairy Free

READY IN



30 min.

SERVINGS



4

CALORIES



379 kcal

SEASONING

MARINADE

Ingredients

- 4 beef steaks
- 1 tablespoon garlic crushed
- 1 tablespoon ground pepper black
- 0.3 cup maple syrup
- 1 tablespoon lawry's seasoned salt

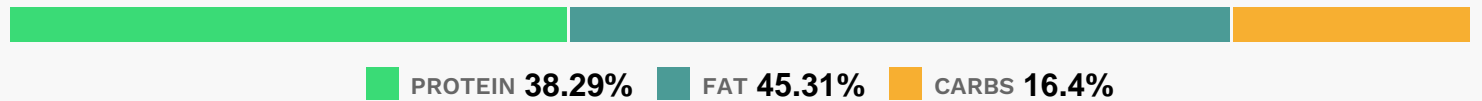
Equipment

- bowl
- grill

Directions

- Preheat the grill for high heat.
- Place the steaks in a bowl, and drizzle on both sides with maple syrup. Rub with garlic, seasoned salt, and pepper.
- Lightly oil the grill grate.
- Place steaks on the grill, and cook 7 minutes per side, or to desired doneness.

Nutrition Facts



Properties

Glycemic Index:24.63, Glycemic Load:5.32, Inflammation Score:-2, Nutrition Score:19.218260792934%

Flavonoids

Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 378.98kcal (18.95%), Fat: 18.64g (28.68%), Saturated Fat: 7.34g (45.86%), Carbohydrates: 15.18g (5.06%), Net Carbohydrates: 14.76g (5.37%), Sugar: 12.09g (13.43%), Cholesterol: 122.4mg (40.8%), Sodium: 1848.56mg (80.37%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 35.44g (70.88%), Selenium: 42.35µg (60.5%), Vitamin B6: 1.07mg (53.73%), Vitamin B3: 10.37mg (51.84%), Zinc: 6.73mg (44.88%), Manganese: 0.71mg (35.71%), Vitamin B12: 2.09µg (34.85%), Phosphorus: 347.13mg (34.71%), Vitamin B2: 0.45mg (26.32%), Potassium: 643.1mg (18.37%), Iron: 2.99mg (16.6%), Magnesium: 44.74mg (11.18%), Vitamin B1: 0.16mg (10.78%), Vitamin B5: 1.03mg (10.29%), Copper: 0.18mg (8.93%), Calcium: 72.38mg (7.24%), Folate: 19.01µg (4.75%), Vitamin K: 4.87µg (4.64%), Vitamin E: 0.61mg (4.08%), Fiber: 0.42g (1.69%)