



Dinner Tonight: Cayenne-Rubbed Ribeyes with Lime Butter



Gluten Free



Low Fod Map

READY IN



45 min.

SERVINGS



4

CALORIES



722 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 tablespoon ground pepper
- ☐ 1 tablespoon cilantro leaves minced
- ☐ 1 juice of lime
- ☐ 1 tablespoon kosher salt
- ☐ 1 tablespoon cooking oil neutral
- ☐ 1 tablespoon sugar raw
- ☐ 4 beef rib steak

☐ 0.5 cup butter unsalted at room temperature

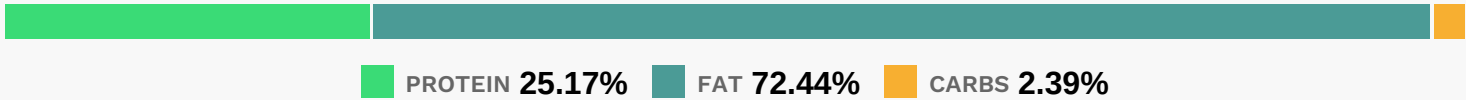
Equipment

- ☐ plastic wrap
- ☐ grill
- ☐ grill pan

Directions

- ☐ Make the butter by stirring in the lime zest, lime juice, and cilantro. Once well-incorporated, roll the butter up in a small piece of plastic wrap to make a log, then refrigerate or freeze to harden.
- ☐ Combine the cayenne, salt, and sugar to make a rub. Rub the steaks with the oil, then the spice mixture. Prepare a gas or charcoal grill (or a grill pan) and grill over medium-hot until desired temperature. Avoid high heat, which can burn the sugar and turn it bitter.
- ☐ Allow the steaks to rest for at least 5 minutes, then pull out the butter and slice into disks.
- ☐ Place them on top of the steaks to melt and serve.

Nutrition Facts



Properties

Glycemic Index:16, Glycemic Load:0.12, Inflammation Score:-7, Nutrition Score:23.005652496348%

Flavonoids

Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg Hesperetin: 0.67mg, Hesperetin: 0.67mg, Hesperetin: 0.67mg, Hesperetin: 0.67mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg

Nutrients (% of daily need)

Calories: 722.31kcal (36.12%), Fat: 58.69g (90.3%), Saturated Fat: 29.09g (181.81%), Carbohydrates: 4.35g (1.45%), Net Carbohydrates: 3.98g (1.45%), Sugar: 3.25g (3.61%), Cholesterol: 198.87mg (66.29%), Sodium: 1865.41mg (81.1%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 45.9g (91.79%), Selenium: 55.55µg (79.36%), Zinc: 11.66mg (77.75%), Vitamin B12: 3.8µg (63.33%), Vitamin B3: 11.2mg (55.99%), Vitamin B6: 0.94mg (46.81%), Phosphorus: 337.04mg (33.7%), Vitamin B2: 0.56mg (33.09%), Vitamin A: 1273.61IU (25.47%), Iron: 4.02mg

(22.36%), Potassium: 648.19mg (18.52%), Vitamin B1: 0.21mg (13.76%), Magnesium: 50.66mg (12.66%), Vitamin E: 1.66mg (11.08%), Copper: 0.19mg (9.47%), Vitamin K: 9.23µg (8.79%), Vitamin D: 0.65µg (4.34%), Vitamin C: 3.23mg (3.92%), Calcium: 27.04mg (2.7%), Folate: 9.77µg (2.44%), Manganese: 0.03mg (1.69%), Fiber: 0.37g (1.49%)