

DINNER

Dry-Rubbed Rib-Eye

22 September 2026

TOTAL TIME	PREP	COOK	SERVES	PER SERVING	CALORIES
1505 min	10 min	1495 min	4	\$7.33	926 kcal



Dry-Rubbed Rib-Eye is a main course that serves 4. Watching your figure? This gluten free and dairy free recipe has 948 calories, 63g of protein, and 72g of fat per serving. For \$7.33 per serving, this recipe covers 32% of your daily requirements of vitamins and minerals. This recipe is liked by 12...

Ingredients

- ☐ 2 tablespoons brown sugar
- ☐ 4 servings Oil, for brushing grill
- ☐ 1 teaspoon pulverized crushed red pepper
- ☐ 44 ounce bone-in rib-eye steaks
- ☐ 1 teaspoon garlic powder
- ☐ 4 servings Extra-virgin olive oil
- ☐ 2 teaspoons pimenton (Smoked Spanish Paprika)
- ☐ 3 tablespoons salt

EQUIPMENT Bowl, Plastic wrap, Grill

Method

- 1 Watch how to make this recipe.
- 2 Combine all of the dry ingredients in a bowl. Use your fingers to make sure that all of the ingredients are evenly distributed. Rub the outside of each steak generously with the rub. Wrap each steak in plastic wrap and refrigerate for at least 24 hours, 2 to 3 days is better. This will make the steak taste like it has been aged.
- 3 Preheat a gas or charcoal grill.
- 4 Brush and oil the grill to loosen and remove any crud.
- 5 Remove the steaks from the refrigerator about 20 to 30 minutes before cooking. Right before cooking remove the plastic wrap and lightly oil the steaks.
- 6 Place the steaks on a very hot grill to put a char on both sides of the steak. When both sides of the steak have become well charred move the steak to a cooler part of the grill to continue cooking for 6 to 7 minutes per side for medium rare.
- 7 Remove the steak from the grill and let rest in a warm spot for 7 to 8 minutes.
- 8 Cut the steak off the bone and slice on the bias across the grain.
- 9 Drizzle with extra-virgin olive oil and serve immediately.

Nutrition per serving

926
KCAL

63 g
PROTEIN

72 g
FAT

7 g
CARBS

Saturated Fat	22.6 g · 44% of daily needs
Fibre	0.6 g · 2% of daily needs
Sugar	6 g · 12% of daily needs
Sodium	5,422 mg · 236% of daily needs
Cholesterol	190 mg · 63% of daily needs

Adapted from Foodnetwork. Find this recipe, ratings and more ideas at whatsheate.com/dry-rubbed-rib-eye-144577