



## Gluten-Free Grilled Pepper Steak with Honey Onions

 Gluten Free  Dairy Free

READY IN



40 min.

SERVINGS



6

CALORIES



545 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 2 tablespoons peppercorns
- 1.5 teaspoons thyme leaves dried
- 1 teaspoon ground cumin
- 1 teaspoon garlic salt
- 1 tablespoon vegetable oil
- 3 pounds beef rib steak
- 3 medium onion cut into 1/2-inch slices

2 tablespoons honey

## Equipment

grill

## Directions

Heat coals or gas grill for direct heat.

Mix all Pepper Rub ingredients. Lightly brush half of the oil on both sides of beef. Press rub mixture onto both sides of beef.

Let stand 15 minutes.

Lightly brush remaining oil on onion slices. Cover and grill beef and onions 4 to 5 inches from medium-high heat 10 to 12 minutes, turning once, until beef is medium doneness.

Brush honey on onions.

Serve onions with beef.

## Nutrition Facts

**PROTEIN 33.88%** **FAT 56.46%** **CARBS 9.66%**

## Properties

Glycemic Index:26.88, Glycemic Load:4.58, Inflammation Score:-7, Nutrition Score:24.063913324605%

## Flavonoids

Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.24mg, Luteolin: 0.24mg, Luteolin: 0.24mg, Luteolin: 0.24mg Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg Kaempferol: 0.36mg, Kaempferol: 0.36mg, Kaempferol: 0.36mg, Kaempferol: 0.36mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 11.16mg, Quercetin: 11.16mg, Quercetin: 11.16mg, Quercetin: 11.16mg

## Nutrients (% of daily need)

Calories: 545.18kcal (27.26%), Fat: 34.58g (53.2%), Saturated Fat: 14.69g (91.8%), Carbohydrates: 13.31g (4.44%), Net Carbohydrates: 11.41g (4.15%), Sugar: 8.11g (9.01%), Cholesterol: 138.35mg (46.12%), Sodium: 509.27mg (22.14%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 46.69g (93.38%), Selenium: 55.85µg (79.79%), Zinc: 11.81mg (78.73%), Vitamin B12: 3.76µg (62.75%), Vitamin B3: 11.24mg (56.19%), Vitamin B6: 0.99mg (49.27%), Phosphorus: 350.28mg (35.03%), Vitamin B2: 0.57mg (33.47%), Manganese: 0.52mg (26.12%), Iron: 4.68mg (26.01%), Potassium: 745.14mg (21.29%), Vitamin B1: 0.23mg (15.39%), Magnesium: 61mg (15.25%), Vitamin K:

13.27µg (12.63%), Copper: 0.25mg (12.56%), Fiber: 1.9g (7.59%), Vitamin C: 4.93mg (5.98%), Calcium: 49.08mg (4.91%), Folate: 18.22µg (4.55%), Vitamin A: 81.34IU (1.63%), Vitamin E: 0.24mg (1.61%), Vitamin D: 0.23µg (1.51%), Vitamin B5: 0.12mg (1.21%)