



 **22%**
HEALTH SCORE

Grilled Rib-Eye Steaks with Roasted-Pepper Salsa

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



8040 min.

SERVINGS



6

CALORIES



86 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 2 teaspoons pepper black
- 2 tablespoons parsley fresh coarsely chopped
- 1 garlic clove finely chopped
- 3 tablespoons juice of lemon fresh
- 2 tablespoons olive oil extra virgin extra-virgin
- 2 pounds bell pepper red
- 3.5 teaspoons salt

- 1 scotch bonnet peppers minced seeded
- 1 scotch bonnet peppers minced seeded
- 6 servings sea salt

Equipment

- bowl
- plastic wrap
- roasting pan
- grill
- kitchen thermometer
- tongs
- grill pan
- cutting board
- broiler pan

Directions

- Prepare grill for direct-heat cooking over medium-hot charcoal (moderately high heat for gas).
- Oil grill rack, then grill bell peppers, covered only if using a gas grill, turning occasionally, until slightly softened and charred, 15 to 20 minutes.
- Transfer bell peppers to a large bowl and cover tightly with plastic wrap, then let stand 20 minutes. When cool enough to handle, peel peppers, discarding stems and seeds, and cut lengthwise into thin strips. Toss with remaining salsa ingredients.
- Prepare grill for indirect-heat cooking over medium-hot charcoal (moderately high heat for gas).
- Pat steaks dry and sprinkle with salt and pepper. Oil grill rack, then sear steaks directly over coals, uncovered, turning over once and moving to area of grill with no coals underneath if flare-ups occur, until well browned, 4 to 6 minutes total. Move steaks to area with no coals underneath and grill, covered, until thermometer inserted into center of meat (do not touch bone) registers 120°F for medium-rare, 8 to 12 minutes more.
- Transfer steaks to a cutting board and let stand 15 minutes.

□ If you're using a charcoal grill for the peppers and steaks, the coals will need to be replenished and rearranged before you grill the steaks. Instead of grilling the peppers, you can broil them on rack of a broiler pan about 2 inches from heat, turning occasionally with tongs, until skins are blackened, 20 to 30 minutes, then proceed with recipe. Steaks can be grilled in a hot lightly oiled well-seasoned large (2-burner) ridged grill pan, uncovered, turning over once, about 10 minutes total. Reduce heat to moderately low and cook steaks, covered with an inverted roasting pan, turning over occasionally, 10 to 15 minutes more for medium-rare. Salsa, without parsley, can be made 1 day ahead and chilled, covered. Stir in parsley just before serving.

Nutrition Facts

PROTEIN 7.19% FAT 48.63% CARBS 44.18%

Properties

Glycemic Index:36, Glycemic Load:2.15, Inflammation Score:-10, Nutrition Score:16.477825995373%

Flavonoids

Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Apigenin: 2.88mg, Apigenin: 2.88mg, Apigenin: 2.88mg, Apigenin: 2.88mg Luteolin: 0.94mg, Luteolin: 0.94mg, Luteolin: 0.94mg, Luteolin: 0.94mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Myricetin: 0.21mg, Myricetin: 0.21mg, Myricetin: 0.21mg, Myricetin: 0.21mg Quercetin: 0.39mg, Quercetin: 0.39mg, Quercetin: 0.39mg, Quercetin: 0.39mg

Nutrients (% of daily need)

Calories: 86.45kcal (4.32%), Fat: 5.19g (7.98%), Saturated Fat: 0.75g (4.68%), Carbohydrates: 10.6g (3.53%), Net Carbohydrates: 7.13g (2.59%), Sugar: 6.74g (7.49%), Cholesterol: 0mg (0%), Sodium: 1557.8mg (67.73%), Alcohol: 0g (100%), Protein: 1.73g (3.45%), Vitamin C: 203.15mg (246.25%), Vitamin A: 4882.19IU (97.64%), Vitamin K: 33.65µg (32.05%), Vitamin B6: 0.47mg (23.48%), Vitamin E: 3.11mg (20.75%), Folate: 73.97µg (18.49%), Fiber: 3.47g (13.88%), Manganese: 0.28mg (13.8%), Potassium: 356.1mg (10.17%), Vitamin B2: 0.14mg (7.97%), Vitamin B3: 1.56mg (7.79%), Vitamin B1: 0.09mg (5.91%), Magnesium: 21.33mg (5.33%), Vitamin B5: 0.51mg (5.13%), Iron: 0.89mg (4.92%), Phosphorus: 43.94mg (4.39%), Zinc: 0.42mg (2.82%), Copper: 0.04mg (2.24%), Calcium: 18.21mg (1.82%)