



Pan-Fried Steaks with Salsa Verde and Ancho Chili Sauce

 Gluten Free  Dairy Free  Low Fod Map

READY IN



45 min.

SERVINGS



6

CALORIES



550 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 6 servings ancho chili pepper
- 1 teaspoon peppercorns whole black
- 2 tablespoons chili powder
- 2 teaspoons cumin seeds
- 2 tablespoons olive oil
- 48 ounce beef rib steak
- 6 servings salsa verde

- 1 teaspoon salt
- 2 teaspoons sugar
- 2 teaspoons coriander seeds whole

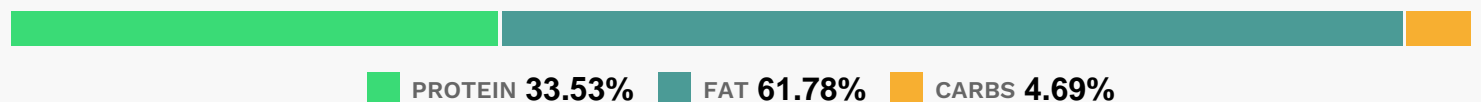
Equipment

- frying pan
- baking sheet

Directions

- Toast cumin seeds and coriander seeds in heavy small skillet over medium-low heat until seeds are lightly browned and aromatic, stirring often, about 5 minutes.
- Transfer seeds to spice mill or coffee grinder and cool.
- Add chili powder, sugar, salt, and peppercorns and grind finely.
- Sprinkle 1 teaspoon spice rub over each side of each steak.
- Place steaks on baking sheet and chill at least 30 minutes and up to 2 hours.
- Heat 2 heavy large skillets over medium-high heat.
- Add 1 tablespoon olive oil to each skillet.
- Add 3 steaks to each skillet. Pan-fry steaks until cooked to desired doneness, about 4 minutes per side for medium-rare.
- Transfer steaks to plates.
- Let stand 5 minutes.
- Serve with Salsa Verde and Ancho Chili Sauce.

Nutrition Facts



Properties

Glycemic Index:17.85, Glycemic Load:1.03, Inflammation Score:-7, Nutrition Score:24.451304360576%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg

Nutrients (% of daily need)

Calories: 550.25kcal (27.51%), Fat: 37.97g (58.41%), Saturated Fat: 15.01g (93.81%), Carbohydrates: 6.48g (2.16%), Net Carbohydrates: 4.73g (1.72%), Sugar: 3.95g (4.39%), Cholesterol: 138.35mg (46.12%), Sodium: 781.84mg (33.99%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 46.37g (92.75%), Selenium: 56.17µg (80.25%), Zinc: 11.83mg (78.88%), Vitamin B12: 3.76µg (62.75%), Vitamin B3: 11.55mg (57.77%), Vitamin B6: 0.97mg (48.69%), Vitamin B2: 0.58mg (34.4%), Phosphorus: 343.39mg (34.34%), Iron: 5.08mg (28.2%), Vitamin A: 1302.04IU (26.04%), Potassium: 773.74mg (22.11%), Magnesium: 58.38mg (14.6%), Vitamin B1: 0.21mg (14.24%), Vitamin E: 1.75mg (11.67%), Copper: 0.23mg (11.41%), Vitamin K: 11.35µg (10.81%), Manganese: 0.18mg (9.15%), Fiber: 1.75g (7%), Calcium: 39.61mg (3.96%), Vitamin C: 1.74mg (2.11%), Folate: 8.25µg (2.06%), Vitamin D: 0.23µg (1.51%)