



Rib-eye Grill

 **Gluten Free**  **Dairy Free**

READY IN



45 min.

SERVINGS



4

CALORIES



475 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.5 teaspoon chili powder
- 0.5 teaspoon garlic powder
- 0.3 teaspoon ground pepper red
- 0.5 teaspoon oregano dried
- 32 ounce beef rib steak
- 1 teaspoon salt

Equipment

- grill

Directions

- Combine first 5 ingredients, and rub over steaks.
- Let stand 1 hour.
- Grill, covered with grill lid, over high heat (400 to 50
- minutes. Turn steaks, and grill 5 more minutes or to desired degree of doneness.

Nutrition Facts

PROTEIN 38.55% **FAT 60.91%** **CARBS 0.54%**

Properties

Glycemic Index:10.5, Glycemic Load:0.03, Inflammation Score:-5, Nutrition Score:20.866087009401%

Nutrients (% of daily need)

Calories: 474.74kcal (23.74%), Fat: 32.14g (49.45%), Saturated Fat: 14.28g (89.25%), Carbohydrates: 0.64g (0.21%), Net Carbohydrates: 0.38g (0.14%), Sugar: 0.05g (0.06%), Cholesterol: 138.35mg (46.12%), Sodium: 703.73mg (30.6%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 45.76g (91.53%), Selenium: 55.5µg (79.29%), Zinc: 11.67mg (77.79%), Vitamin B12: 3.76µg (62.75%), Vitamin B3: 11.16mg (55.79%), Vitamin B6: 0.92mg (46.1%), Phosphorus: 329.63mg (32.96%), Vitamin B2: 0.55mg (32.2%), Iron: 4.07mg (22.62%), Potassium: 622.95mg (17.8%), Vitamin B1: 0.2mg (13.51%), Magnesium: 49.17mg (12.29%), Copper: 0.18mg (9.19%), Vitamin K: 5.32µg (5.07%), Vitamin A: 164.41IU (3.29%), Calcium: 21.53mg (2.15%), Folate: 7.78µg (1.94%), Vitamin D: 0.23µg (1.51%), Manganese: 0.02mg (1.22%), Vitamin E: 0.18mg (1.21%), Fiber: 0.26g (1.04%)