



Rib-Eye Marinated in Garlic, Anaheim Chiles and Fresh Oregano

 **Gluten Free**  **Dairy Free** Image not found or type unknown

READY IN

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ready

300 min.

SERVINGS

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servings

4

CALORIES

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calories

84 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 3 anaheim chiles with seed and coarsely chopped sliced
- ☐ 0.5 cup canola oil
- ☐ 8 cloves garlic finely chopped
- ☐ 4 servings salt and coarsely ground pepper black
- ☐ 3 tablespoons oregano leaves finely chopped
- ☐ 3 inch rib-eye bone-in thick

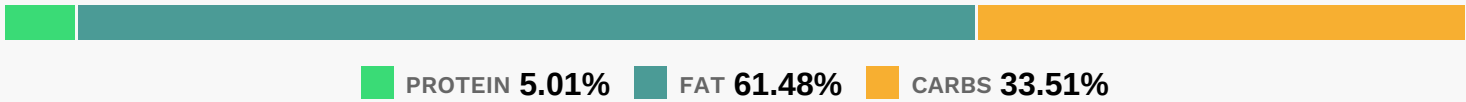
Equipment

- ☐ baking pan
- ☐ grill
- ☐ kitchen thermometer
- ☐ aluminum foil
- ☐ cutting board

Directions

- ☐ Stir together the garlic, chiles, oregano and oil in a large baking dish.
- ☐ Add the steaks and turn to coat in the marinade. Cover and refrigerate for at least 4 hours and up to 8 hours.
- ☐ Heat grill to high.
- ☐ Remove the steaks from the refrigerator 30 minutes before grilling to take the chill off.
- ☐ Remove from the marinade and season liberally on both sides with salt and pepper. Grill the steaks on both sides until golden brown and slightly charred and cooked to medium-rare and an instant-read thermometer registers 130 degrees F.
- ☐ Remove from the grill to a cutting board and let rest, loosely tented with foil, for 10 minutes. Slice into 1/2-inch thick slices and serve.

Nutrition Facts



Properties

Glycemic Index:16.75, Glycemic Load:0.62, Inflammation Score:-10, Nutrition Score:5.1252174796132%

Flavonoids

Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg

Nutrients (% of daily need)

Calories: 83.93kcal (4.2%), Fat: 6.06g (9.33%), Saturated Fat: 0.6g (3.73%), Carbohydrates: 7.44g (2.48%), Net Carbohydrates: 4.3g (1.57%), Sugar: 1.61g (1.79%), Cholesterol: 1.16mg (0.39%), Sodium: 142.83mg (6.21%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.11g (2.23%), Vitamin K: 27.6µg (26.29%), Manganese: 0.3mg (15.01%), Fiber: 3.13g (12.52%), Vitamin E: 1.67mg (11.14%), Vitamin C: 7mg (8.48%), Iron: 1.52mg (8.47%), Calcium: 71.32mg (7.13%), Vitamin B6: 0.12mg (6.07%), Magnesium: 12.2mg (3.05%), Folate: 9.14µg (2.29%), Copper: 0.04mg (2.22%),

Potassium: 77.74mg (2.22%), Selenium: 1.49µg (2.13%), Vitamin B2: 0.03mg (1.83%), Zinc: 0.27mg (1.8%),
Phosphorus: 17.63mg (1.76%), Vitamin B3: 0.31mg (1.55%), Vitamin B1: 0.02mg (1.36%), Vitamin A: 65.16IU (1.3%)