



HEALTH SCORE

64%

Rib-Eye Steak



Gluten Free



Dairy Free



Very Healthy

READY IN



22 min.

SERVINGS



6

CALORIES



536 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 cup chili powder
- ☐ 2 teaspoons garlic
- ☐ 2 tablespoons hungarian paprika
- ☐ 4 dashes liquid smoke
- ☐ 2 teaspoons onion powder
- ☐ 6 rib-eye steaks
- ☐ 6 servings salt and cracked pepper

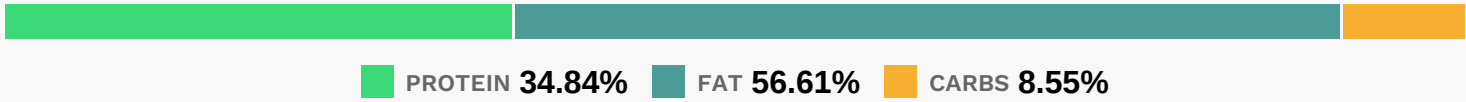
Equipment

grill

Directions

Combine all the ingredients and rub on rib-eye steaks. Grill to desired doneness.

Nutrition Facts



Properties

Glycemic Index:7.5, Glycemic Load:0.16, Inflammation Score:-10, Nutrition Score:36.169130138729%

Flavonoids

Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 536.02kcal (26.8%), Fat: 35.08g (53.98%), Saturated Fat: 14.75g (92.21%), Carbohydrates: 11.92g (3.97%), Net Carbohydrates: 4.12g (1.5%), Sugar: 1.71g (1.9%), Cholesterol: 137.86mg (45.95%), Sodium: 638.37mg (27.76%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 48.59g (97.18%), Vitamin A: 7028.94IU (140.58%), Selenium: 59.55µg (85.07%), Zinc: 12.58mg (83.88%), Vitamin B6: 1.38mg (69.09%), Vitamin B3: 13.6mg (67.98%), Vitamin B12: 3.75µg (62.53%), Vitamin E: 8.2mg (54.67%), Vitamin B2: 0.76mg (44.46%), Iron: 7.84mg (43.53%), Phosphorus: 395.59mg (39.56%), Fiber: 7.8g (31.19%), Potassium: 1053.95mg (30.11%), Vitamin K: 26.15µg (24.9%), Magnesium: 82mg (20.5%), Manganese: 0.4mg (19.91%), Copper: 0.4mg (19.86%), Vitamin B1: 0.26mg (17.39%), Calcium: 90.71mg (9.07%), Folate: 13.9µg (3.48%), Vitamin B5: 0.24mg (2.44%), Vitamin D: 0.23µg (1.51%)