



 **65%**
HEALTH SCORE

Rib-Eye Steaks with Garbanzo and Green Bean Salad

 **Gluten Free**  **Dairy Free**  **Very Healthy**

READY IN



45 min.

SERVINGS



4

CALORIES



698 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 30 ounce garbanzo beans rinsed drained canned
- 1 teaspoon chili powder
- 0.5 cup cilantro leaves fresh chopped
- 8 ounce haricots verts trimmed halved
- 4 tablespoons olive oil divided
- 0.5 cup onion red chopped
- 24 ounce beef rib steak

- 1 teaspoon penzey's southwest seasoning
- 3 tablespoons citrus champagne vinegar

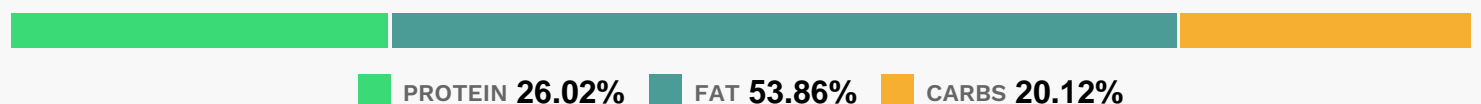
Equipment

- bowl
- frying pan
- whisk

Directions

- Cook haricots verts in large nonstick skillet of boiling salted water until crisp-tender, 2 to 3 minutes.
- Drain.
- Transfer to large bowl.
- Add garbanzos and onion. Reserve skillet.
- Whisk 3 tablespoons oil, vinegar, and lemon peel in small bowl to blend.
- Addressing to bean mixture and toss to coat. Stir in cilantro. Season with salt and pepper.
- Sprinkle mesquite seasoning and chili powder over both sides of steaks, then sprinkle with salt and pepper.
- Heat remaining 1 tablespoon oil in reserved skillet over medium heat.
- Add steaks to skillet and cook to desired doneness, 5 to 6 minutes per side for medium-rare.
- Divide salad among 4 plates. Slice steaks crosswise; divide among plates.
- Per serving: 636 g calories, 33 g fat, 10 g fiber
- Bon Appétit

Nutrition Facts



Properties

Glycemic Index: 37.58, Glycemic Load: 9.34, Inflammation Score: -8, Nutrition Score: 35.466956423677%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.39mg, Kaempferol: 0.39mg, Kaempferol: 0.39mg, Kaempferol: 0.39mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 6.67mg, Quercetin: 6.67mg, Quercetin: 6.67mg, Quercetin: 6.67mg

Nutrients (% of daily need)

Calories: 697.52kcal (34.88%), Fat: 42.48g (65.35%), Saturated Fat: 13.13g (82.08%), Carbohydrates: 35.7g (11.9%), Net Carbohydrates: 23.72g (8.63%), Sugar: 2.8g (3.11%), Cholesterol: 103.76mg (34.59%), Sodium: 694.35mg (30.19%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 46.17g (92.33%), Manganese: 1.97mg (98.56%), Vitamin B6: 1.81mg (90.73%), Zinc: 10.43mg (69.54%), Selenium: 46.37µg (66.25%), Fiber: 11.98g (47.92%), Vitamin K: 49.83µg (47.46%), Vitamin B12: 2.82µg (47.06%), Vitamin B3: 9.18mg (45.91%), Phosphorus: 447.57mg (44.76%), Iron: 6.87mg (38.17%), Vitamin B2: 0.52mg (30.43%), Magnesium: 114.35mg (28.59%), Potassium: 951.09mg (27.17%), Copper: 0.52mg (26.17%), Folate: 85.07µg (21.27%), Vitamin B1: 0.28mg (18.55%), Vitamin E: 2.72mg (18.12%), Vitamin A: 753.2IU (15.06%), Calcium: 135.39mg (13.54%), Vitamin C: 9.24mg (11.2%), Vitamin B5: 0.82mg (8.15%), Vitamin D: 0.17µg (1.13%)