



Rib-Eye Steaks with Harissa-Style Relish



Gluten Free



Dairy Free

READY IN



35 min.

SERVINGS



4

CALORIES



548 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 teaspoon pepper black
- ☐ 0.5 teaspoon caraway seeds
- ☐ 0.5 teaspoon coriander seeds
- ☐ 1 teaspoon cumin seeds
- ☐ 1 garlic clove
- ☐ 2 tablespoons olive oil
- ☐ 0.8 teaspoon red-pepper flakes dried hot
- ☐ 2 lb rib-eye steaks boneless 1-inch-thick ()

- ☐ 1 cup bottled roasted peppers red dry rinsed drained finely chopped well (from a 7-oz jar)
- ☐ 0.8 teaspoon salt
- ☐ 0.5 teaspoon sugar

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ knife
- ☐ grill
- ☐ grill pan
- ☐ cutting board

Directions

- ☐ Mince garlic and mash to a paste with a pinch of salt using a large heavy knife, then transfer to a bowl.
- ☐ Heat a dry small heavy skillet over moderately low heat until hot, then toast cumin, coriander, and caraway seeds, shaking skillet frequently, until fragrant, about 1 minute.
- ☐ Transfer seeds to grinder and pulse until coarsely ground.
- ☐ Add spices to garlic paste along with roasted peppers, olive oil, red-pepper flakes (to taste), sugar, and 1/4 teaspoon salt.
- ☐ Pat steaks dry and sprinkle all over with pepper and remaining 1/2 teaspoon salt.
- ☐ Prepare grill for cooking with medium-hot charcoal (moderately high heat for gas).
- ☐ Grill steaks on lightly oiled grill rack, turning over once and moving around rack to avoid flare-ups, 5 to 6 minutes for medium-rare. If using a gas grill, cook covered, turning over once and moving around rack to avoid flare-ups, 4 to 5 minutes for medium-rare.
- ☐ Transfer steaks to a cutting board and let stand, uncovered, 5 minutes.
- ☐ If you aren't able to grill outdoors, steaks can be cooked in a hot, lightly oiled well-seasoned large (2 burner) ridged grill pan over moderately high heat, turning over once, 10 to 12 minutes total.

Nutrition Facts



 **PROTEIN 33.51%**  **FAT 64.35%**  **CARBS 2.14%**

Properties

Glycemic Index:34.27, Glycemic Load:0.46, Inflammation Score:-5, Nutrition Score:23.605652487796%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 548.1kcal (27.4%), Fat: 39.43g (60.67%), Saturated Fat: 15.27g (95.45%), Carbohydrates: 2.94g (0.98%), Net Carbohydrates: 2.06g (0.75%), Sugar: 0.55g (0.61%), Cholesterol: 138.35mg (46.12%), Sodium: 1040.55mg (45.24%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 46.2g (92.41%), Selenium: 55.76µg (79.66%), Zinc: 11.78mg (78.51%), Vitamin B12: 3.76µg (62.75%), Vitamin B3: 11.39mg (56.93%), Vitamin B6: 0.99mg (49.41%), Phosphorus: 341.19mg (34.12%), Vitamin B2: 0.56mg (32.99%), Iron: 4.74mg (26.33%), Vitamin C: 16.66mg (20.19%), Potassium: 688.21mg (19.66%), Vitamin B1: 0.22mg (14.38%), Magnesium: 55.96mg (13.99%), Copper: 0.24mg (12.06%), Vitamin K: 8.46µg (8.06%), Vitamin E: 1.18mg (7.85%), Vitamin A: 335.9IU (6.72%), Manganese: 0.13mg (6.63%), Calcium: 42.42mg (4.24%), Fiber: 0.88g (3.53%), Folate: 12.65µg (3.16%), Vitamin D: 0.23µg (1.51%)