

health-score68%

HEALTH SCORE

Rio Grande Rub Steaks

Very Healthy

READY IN

ready

20 min.

SERVINGS

servings

4

CALORIES

calories

1357 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 avocados ripe
- ☐ 4 servings butter softened
- ☐ 4 servings cracked cornbread and cheese squares
- ☐ 1.5 tablespoons chili powder dark a palmful
- ☐ 2 tablespoons cilantro leaves chopped
- ☐ 4 servings coarse salt
- ☐ 0.5 cup corn kernels frozen
- ☐ 8.5 ounce corn muffin mix mixed

- ☐ 4 servings extra virgin oil for drizzling
- ☐ 0.5 teaspoon ground pepper
- ☐ 1 teaspoon ground coriander
- ☐ 1.5 tablespoons ground cumin a palmful
- ☐ 2 limes
- ☐ 0.3 pound pepper jack cut into 1/4-inch dice
- ☐ 1 large onion red thick cut into 4 slices
- ☐ 4 servings mexican salad
- ☐ 4 servings salt and pepper
- ☐ 1 scallions thinly sliced
- ☐ 32 ounce sirloin strip steaks
- ☐ 0.5 onion sweet sliced
- ☐ 4 servings vegetable oil extra-virgin
- ☐ 3 vine-ripe tomatoes

Equipment

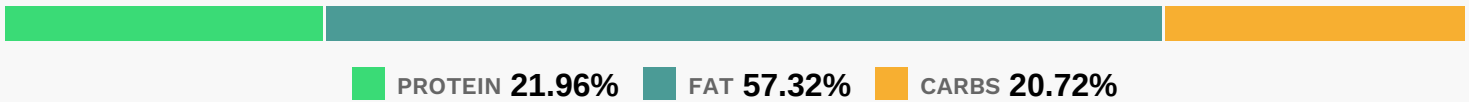
- ☐ oven
- ☐ baking pan
- ☐ grill
- ☐ grill pan

Directions

- ☐ Watch how to make this recipe.
- ☐ Let steaks rest from refrigerator for a few minutes to take the chill off.
- ☐ Preheat grill pan or indoor electric grill to high heat.
- ☐ Combine spice rub ingredients: ground Ancho chile, cumin, coriander, and cayenne. Rub spice blend into steaks.
- ☐ Coat sliced red onion with a drizzle of oil. Season with salt and pepper.
- ☐ Grill steaks and onion slices 5 minutes on each side.

- ☐ Remove from heat.
- ☐ Let meat stand 5 minutes for juices to redistribute. Season steaks with salt. Top with separated rings of red grilled onions.
- ☐ Serve with hot Cracked Cornbread and Cheese Squares and Mexican Salad.
- ☐ Preheat oven to 400 degrees F. Grease an 8-inch square baking dish with butter. Stir cheese, corn, and scallions into packaged mixed corn muffin batter.
- ☐ Pour batter into baking dish and bake at 400 degrees F until golden, 15 to 18 minutes.

Nutrition Facts



Properties

Glycemic Index:85.5, Glycemic Load:3.45, Inflammation Score:-10, Nutrition Score:58.429130409075%

Flavonoids

Cyanidin: 0.33mg, Cyanidin: 0.33mg, Cyanidin: 0.33mg, Cyanidin: 0.33mg Epicatechin: 0.37mg, Epicatechin: 0.37mg, Epicatechin: 0.37mg, Epicatechin: 0.37mg Epigallocatechin 3-gallate: 0.18mg, Epigallocatechin 3-gallate: 0.18mg, Epigallocatechin 3-gallate: 0.18mg, Epigallocatechin 3-gallate: 0.18mg Hesperetin: 14.4mg, Hesperetin: 14.4mg, Hesperetin: 14.4mg, Hesperetin: 14.4mg Naringenin: 1.77mg, Naringenin: 1.77mg, Naringenin: 1.77mg, Naringenin: 1.77mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.77mg, Kaempferol: 0.77mg, Kaempferol: 0.77mg, Kaempferol: 0.77mg Myricetin: 0.6mg, Myricetin: 0.6mg, Myricetin: 0.6mg, Myricetin: 0.6mg Quercetin: 12.69mg, Quercetin: 12.69mg, Quercetin: 12.69mg, Quercetin: 12.69mg

Nutrients (% of daily need)

Calories: 1356.77kcal (67.84%), Fat: 87.97g (135.33%), Saturated Fat: 27.72g (173.23%), Carbohydrates: 71.58g (23.86%), Net Carbohydrates: 56g (20.36%), Sugar: 20.72g (23.02%), Cholesterol: 213.94mg (71.31%), Sodium: 1587.42mg (69.02%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 75.82g (151.63%), Phosphorus: 1214.77mg (121.48%), Vitamin B3: 22.27mg (111.36%), Selenium: 77.29µg (110.42%), Vitamin B6: 2.04mg (102.23%), Zinc: 13.34mg (88.93%), Vitamin K: 81.3µg (77.43%), Calcium: 683.32mg (68.33%), Vitamin A: 3247.52IU (64.95%), Fiber: 15.59g (62.34%), Folate: 237.19µg (59.3%), Vitamin C: 47.23mg (57.25%), Vitamin B12: 3.39µg (56.56%), Vitamin E: 8.44mg (56.3%), Potassium: 1943.75mg (55.54%), Vitamin B2: 0.94mg (55.22%), Iron: 9.25mg (51.36%), Vitamin B1: 0.6mg (39.76%), Magnesium: 155.27mg (38.82%), Manganese: 0.78mg (38.77%), Vitamin B5: 3.75mg (37.53%), Copper: 0.63mg (31.26%), Vitamin D: 0.63µg (4.22%)