



Roadhouse Steaks with Ancho Chile Rub



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



183 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 teaspoons ancho chile powder
- ☐ 16 ounce beef tenderloin steaks trimmed
- ☐ 1 tablespoon pepper black freshly ground
- ☐ 1 teaspoon dijon mustard
- ☐ 2 garlic cloves minced
- ☐ 0.5 teaspoon ground cumin
- ☐ 0.1 teaspoon ground pepper red
- ☐ 0.5 teaspoon salt

☐ 4 teaspoons worcestershire sauce

Equipment

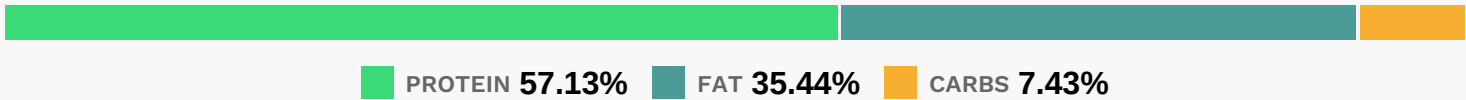
☐ bowl

☐ grill

Directions

- ☐ Prepare grill.
- ☐ Combine first 8 ingredients in a small bowl. Rub spice mixture evenly over steaks; let stand 10 minutes.
- ☐ Place steaks on a grill rack coated with cooking spray. Grill 5 minutes on each side or until desired degree of doneness.

Nutrition Facts



Properties

Glycemic Index:32.75, Glycemic Load:0.34, Inflammation Score:-4, Nutrition Score:13.513478294663%

Flavonoids

Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 183.17kcal (9.16%), Fat: 7.03g (10.82%), Saturated Fat: 2.54g (15.88%), Carbohydrates: 3.32g (1.11%), Net Carbohydrates: 2.46g (0.89%), Sugar: 0.73g (0.81%), Cholesterol: 72.57mg (24.19%), Sodium: 462.2mg (20.1%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 25.51g (51.01%), Selenium: 35.55µg (50.79%), Vitamin B6: 0.75mg (37.64%), Vitamin B3: 7.48mg (37.38%), Zinc: 4.61mg (30.76%), Phosphorus: 251.05mg (25.1%), Vitamin B12: 1.05µg (17.58%), Iron: 2.67mg (14.83%), Potassium: 502.54mg (14.36%), Manganese: 0.26mg (13.07%), Vitamin B2: 0.16mg (9.27%), Magnesium: 32.91mg (8.23%), Vitamin B5: 0.78mg (7.77%), Copper: 0.14mg (6.81%), Vitamin A: 339.65IU (6.79%), Vitamin B1: 0.1mg (6.62%), Vitamin E: 0.79mg (5.24%), Vitamin K: 5.04µg (4.8%), Calcium: 47.42mg (4.74%), Folate: 15.98µg (4%), Fiber: 0.86g (3.42%), Vitamin C: 1.33mg (1.61%)