



Southwest Rib-Eye Steaks

 **Gluten Free**  **Dairy Free**

READY IN



13 min.

SERVINGS



4

CALORIES



268 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 tsp garlic minced
- 2 tsp ground cumin
- 2 Tbsp horseradish prepared kraft
- 0.3 cup a.1. original sauce
- 1 lb beef rib-eye steaks boneless

Equipment

- grill

Directions

- Heat grill to medium-high heat.
- Mix first 4 ingredients.
- Grill steaks 4 min. on each side or until medium doneness (160F), brushing generously with steak sauce mixture.
- Cut each steak in half to serve.

Nutrition Facts

PROTEIN 34.7% **FAT 54.72%** **CARBS 10.58%**

Properties

Glycemic Index:17.5, Glycemic Load:0.29, Inflammation Score:-1, Nutrition Score:11.087826157394%

Flavonoids

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: 268.31kcal (13.42%), Fat: 16.33g (25.13%), Saturated Fat: 7.16g (44.72%), Carbohydrates: 7.1g (2.37%), Net Carbohydrates: 6.73g (2.45%), Sugar: 5.18g (5.76%), Cholesterol: 69.17mg (23.06%), Sodium: 328.85mg (14.3%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 23.3g (46.61%), Selenium: 28.03µg (40.04%), Zinc: 5.94mg (39.57%), Vitamin B12: 1.88µg (31.37%), Vitamin B3: 5.63mg (28.16%), Vitamin B6: 0.47mg (23.55%), Phosphorus: 171.68mg (17.17%), Vitamin B2: 0.28mg (16.29%), Iron: 2.66mg (14.76%), Potassium: 343.04mg (9.8%), Magnesium: 29.67mg (7.42%), Vitamin B1: 0.11mg (7.2%), Copper: 0.1mg (5.18%), Manganese: 0.05mg (2.72%), Vitamin C: 2.16mg (2.62%), Calcium: 22.71mg (2.27%), Folate: 7.8µg (1.95%), Vitamin K: 1.86µg (1.78%), Fiber: 0.37g (1.47%)